

TERM 3 TIMETABLE JULY/AUGUST 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11	Walk and talk** 1-2pm	Peer Space 4:00 – 5:00pm			15
18	Walk and talk** 1-2pm		National Gallery Victoria Outing ** 1-4	DBT Skills 1:00 – 2:30pm Prism 4:30 – 5:30pm	22 Gardening Group 3:30 – 4:30pm
25	Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	Peer Space ** 4:00 – 5:00pm	Brain Training ** 2:00 – 4:00pm	DBT Skills 1:00 – 2:30pm	29
1	Walk and talk** 1-2pm	Games Gang 4:00 – 5:00	Brain Training ** 2:00 – 4:00pm	DBT Skills 1:00 – 2:30pm Prism ** 4:30 – 5:30pm	5 Gardening Group 3:30 – 4:30pm
	KEY ** In Person Groups	Peer Support Groups	Groups	Committees	Discovery Coll

AUGUST/SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	9 Peer Space 4:00 – 5:00pm	10 Brain Training ** 2:00 – 4:00pm	11 DBT Skills 1:00 – 2:30pm	12
15 Walk and talk** 1-2pm	16 Games Gang ** 4:00 –5:00	17 Brain Training ** 2:00 – 4:00pm	18 DBT Skills 1:00 – 2:30pm Prism 4:30 – 5:30pm	19 Gal Gr 3:30
22 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	23 Peer Space ** 4:00 – 5:00pm	24 <u>Do you hear what I hear? And other ways of thinking about psychosis</u> <u>10am – 3pm</u> Brain Training ** 2:00 – 4:00pm	25 RSEA PARK ** Danny Frawley Centre 1-4 DBT Skills 1:00 – 2:30pm	26
29 Walk and talk** 1-2pm	30 Peer Support Groups	31 Brain Training ** 2:00 – 4:00pm	1 DBT Skills 1:00 – 2:30pm Prism ** 4:30 – 5:30pm	2 Hive Bra
KEY ** In Person Groups	Peer Support Groups	Groups	Committees	Discov

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	6 Peer Space 4:00 – 5:00pm	7	8 DBT Skills 1:00 – 2:30pm	9
12 Walk and talk** 1-2pm	13	14	15 <u>Breaking the Taboo: giving a voice to the topic of suicide</u> 10:30 – 12:30 Prism 4:30 – 5:30pm	16 Gardening Group** 3:30-4:30pm
KEY ** In Person Groups	Peer Support Groups	Groups	Committees	Discovery Co



PRISM

with Max (she/they) and Ash (they/them)

Your local LGBTIQ+ Peer Support space! We have chats, we play games, but most of all we support each other to be ourselves. It is okay to ask questions. Your feelings and experiences are valid!

Youth Advisory Committee (YAC)

The YAC are a passionate team of mental health advocates & headspace ambassadors. Together, we start conversations about mental health in the community, lead projects & advise headspace on youth mental health.

Contact Ash Thornton if you are interested in volunteering with us!

PEER SPACE

with Issy (she/her) & Riley (he/him)

A group where those with lived experience can connect, unpack and inspire. Participants support each other by sharing experiences, hope and strength to tackle life's challenges.

DBT Skills Group

with Emily (she/her) & Loren (she/her)

This is a closed group that requires referral from a headspace clinician. Please speak to your headspace case manager if you are interested in future DBT Skills Groups.

Discovery college

Discovery college create & run free courses about mental health and wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn.

Contact Claire on 0407 861 205 or visit:
www.discoverycollege.com.au
[@discoverycollegeconnect](https://twitter.com/discoverycollegeconnect)

GARDENING GROUP

Green Thumb

With Abbi (she/her) & Ryannah (she/her)

Get outside, meet like-minded people, learn some gardening tricks and eat yummy fresh herbs and veggies...
Unbe-leaf-able!!

Walk & talk

with Loren (she/her) & Mary (she/her)

Join us for a leisurely walk local to headspace Benteleigh. A great opportunity to meet new people. Together we will be exploring all things health & wellness

Brain Training

with Jacquie (she/her) & Lauren (she/her)

Are you linked to the headspace Early Psychosis service and having difficulties with attention and memory? Then this group might be for you! It aims to teach strategies to help improve these thinking skills. Speak to your case manager about referral today!

How to get involved?

Email:

headspacegroups@alfred.org.au

Or

Call one of our Recovery Groups coordinators

Loren (she/her): 0437 380 112

Issy (she/her): 0436 343 067



Want to get involved?

YES

I'm 16 - 25 years old.

I'm connected to headspace or another professional support.

If under 18, I have guardian permission.

Groups

Usually facilitated by clinicians. Young people say they attend to build life skills, connect with others, explore new interests or add structure to their day.

Committees

Run by young people for young people. We give feedback directly to headspace, advocate for young people's needs and work on projects with the centre.

Peer Support Groups
Young people meet to share lived experience of mental health challenges, learn from each other and provide a level of understanding that might not be found by others.

Found something you'd like to try?

YES

Contact us to get involved:
headspacegroups@alfred.org.au
9076 9400

NO

Ideas on how to improve our program?
We love feedback so let us know.

NO

Contact us to chat about options.



Another option?
Anyone can come to

discovery college.

Co-produced courses about mental health and wellbeing. It's for young people, professionals, family and friends or anyone who wants to learn.

www.discovery.college
[@discoverycollegconnect](https://twitter.com/discoverycollegconnect)

