

headspace Groups Term 1 February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Walk and talk 2 – 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>4</p> <p>Games Gang 3 – 4:30pm</p>	<p>5</p> <p>Food Explorers 11 – 1pm</p>	<p>6</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30-3:30pm</p> <p>Love Bites 4 – 5:30pm</p>	<p>7</p>
<p>10</p> <p>Walk and talk 2 – 3pm</p>	<p>11</p> <p>Echoes 1 – 2:30pm</p> <p>Games Gang 3 – 4:30pm</p>	<p>12</p> <p>Making Sense of Your Senses - (Online) 10am - 12pm</p>	<p>13</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30-3:30pm</p> <p>Love Bites 4 – 5:30pm</p>	<p>14</p>
<p>17</p> <p>Walk and talk 2 – 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>18</p> <p>Games Gang 3 – 4:30pm</p>	<p>19</p> <p>Food Explorers 11 – 1pm</p>	<p>20</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30 – 3:30pm</p> <p>Love Bites 4 – 5:30pm</p>	<p>21</p>

headspace Groups Term 1 February/March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>24</p> <p>Walk and talk 2 - 3pm</p> <p>Ask a Careers Counsellor 2:30 - 4pm</p>	<p>25</p> <p>Echoes 1 - 2:30pm</p> <p>Games Gang 3 - 4:30pm</p>	<p>26</p>	<p>27</p> <p>Garden Space 1 - 2pm</p> <p>Weekly Workout 2:30 - 3:30pm</p> <p>Love Bites 4 - 5:30pm</p>	<p>28</p>
<p>3</p> <p>Walk and talk 2 - 3pm</p> <p>Peer Space 3:15 - 4:30pm</p>	<p>4</p> <p>Games Gang 3 - 4:30pm</p>	<p>5</p> <p>Food Explorers 11 - 1pm</p>	<p>6</p> <p>Garden Space 1 - 2pm</p> <p>Weekly Workout 2:30 - 3:30pm</p>	<p>7</p>
<p>10</p> <p>PUBLIC HOLIDAY</p>	<p>11</p> <p>Echoes 1 - 2:30pm</p> <p>Games Gang 3 - 4:30pm</p>	<p>12</p>	<p>13</p> <p>Garden Space 1:00 - 2:00pm</p> <p>Weekly Workout 2:30 - 3:30pm</p>	<p>14</p>

headspace Groups Term 1 March/April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17</p> <p>Walk and talk 2 – 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>18</p> <p>Games Gang 3 – 4:30pm</p>	<p>19</p> <p>Food Explorers 11 – 1pm</p> <p>Do You Hear What I Hear? <i>(In Person)</i> Westall Community Hub 10 am – 3 pm</p>	<p>20</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>21</p>
<p>24</p> <p>Walk and talk 2 - 3pm</p> <p>Ask a Careers Counsellor 2:30 – 4pm</p>	<p>25</p> <p>Echoes 1 – 2:30 pm</p> <p>Games Gang 3 – 4:30pm</p>	<p>26</p>	<p>27</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>28</p>
<p>31</p> <p>Walk and talk 2 - 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>1</p> <p>Games Gang 3 – 4:30pm</p>	<p>2</p> <p>Food Explorers 11 - 1pm</p>	<p>3</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>4</p>

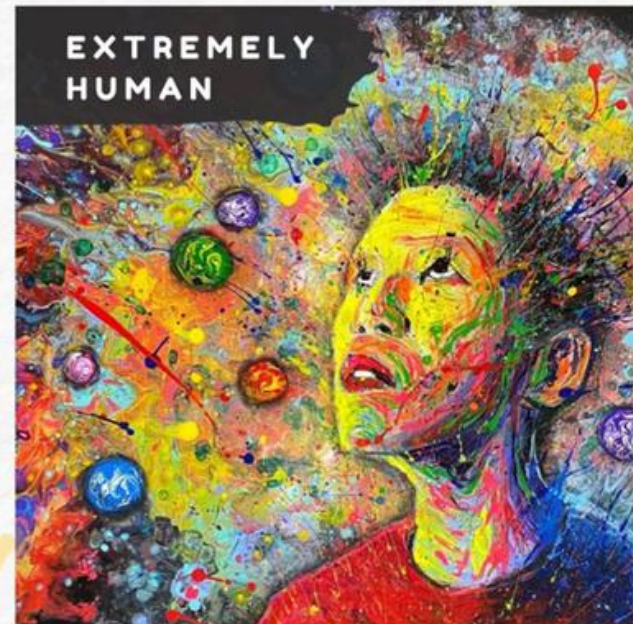
discovery college.



Courses, resources + content
about mental health + well-being.

It's free. It's for everyone.

Check out our website + timetable



**Check out our podcast
about different mental
health experiences**



LOVEBITES

Sarah(she/her) and Rebecca (she/her)

Lovebites is a 4-week program all about respectful relationships. We'll cover real-life topics like navigating relationships, consent, sex, and speaking up, plus a creative session to wrap it up.

GARDENING GROUP

With Nikita (she/her) & Issy (she/her)

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

PEER SPACE

with Paris (she/her) & Matt

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.

FOOD EXPLORERS

with Joe (he/him) & Jack (he/him)

Want to learn new kitchen skills, get ideas of what to cook, or just love sharing food with others? Come and join us on our new food adventure with food explorers.

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:
discovery.college
@discoverycollegeconnect

GAMES GANG

With Issy (she/her) & Don (he/him)

Looking to level up or cure your 'board-om'?

Join us @ headspace Bentleigh for some multiplayer board games, video games, trivia, cards, and more...

WALK & TALK

Join us for a leisurely walk local to headspace Bentleigh.

A great opportunity to meet and connect with other young people, staff, volunteers and peer workers from headspace in a casual setting.

ECHOES

with Issy (she/her) & Katie (she/her)

Echoes is a supportive and safe space to connect with others who are also curious about experiences, sensations and beliefs that differ from others, and how we navigate these.

WEEKLY WORKOUT

with Mary (she/her) & Issy or Nikita (she/her)

Small group class, all levels of fitness welcome, **go at your own pace!**
Circuit style: different exercises each week including resistance, balance and cardio training.
Lots of fun, whilst improving your health, muscle & bone strength, cognition and your mood.