headspace Programs

July Program

July 2017				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
17 **Pawsative Dog Walkers 10-11am** **Music Group 4-5pm** **YAC 5-7pm**	18 **Veggie Gardening 11am-1pm**	19	20 **Brain Training** 11am-1pm **Move your body!** 2-3.30pm **Echoes** 3:30-4.30pm	21 **Food Explorers** 11.30am-1.30pm **Table Tennis 2-3pm**
24 **Pawsative Dog Walkers 10-11am** **Music Group 4-5pm** **Peer Space 5 – 6.30pm**	25 **Veggie Gardening 11am-1pm** **Creative Space 1 – 3pm**	26	27 **Brain Training** 11am-1pm **Move your body!** 2-3.30pm **Prism**	28 **Food Explorers** 11.30am-1.30pm **Table Tennis 2-3pm**
31 **Pawsative Dog Walkers 10-11am** **Music Group 4-5pm** *Taking the edge off: lets talk about drugs and alcohol?* 1-4pm **YAC 5-7pm**		**KEY** **Groups** **Discovery College Courses – enrolment required** **Committees** **Peer Support Groups**		

For all new group registrations please contact 9076 9400 and arrange a welcome appointment. For further information about the activities and key contact see below.

headspace Programs

headspace Bentleigh

August 2017

August 2017				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
KEY **Groups** **Discovery College Courses – enrolment required** **Committees** **Peer Support Groups**	1 **Veggie Gardening** 11am-1pm **Taking Charge Of Your Own Health** 10am-4.30pm	2	3 **Brain Training** 11am-1pm **Move your body!** 2-3.30pm **Echoes** 3:30-4.30pm	4 **Food Explorers** 11.30am-1.30pm **Table Tennis** 2-3pm
7 **Pawsative Dog Walkers 10-11am** **Music Group 4-5pm** **Peer Space 5 – 6.30pm** *Taking the edge off: lets talk about drugs and alcohol?* 1-4pm	8 **Veggie Gardening** 11am-1pm **Creative Space** 1 – 3pm	9 **Mindfulness (Session 1 of 4)** 2pm-4pm	10 **Brain Training** 11am-1pm **Move your body!** 2-3.30pm **Prism**	11 **Food Explorers** 11.30am-1.30pm **Table Tennis** 2-3pm
14 **Pawsative Dog Walkers 10-11am** **Music Group 4-5pm** **YAC** 5-7pm	15 **Veggie Gardening** 11am-1pm **How to Adult** 3-5pm	16 **Mindfulness (Session 2 of 4)** 2pm-4pm **Match my skills; Navigating your way through VTAC** 4-5pm	17 **Brain Training** 11am-1pm **Move your body!** 2-3.30pm **Echoes** 3:30-4.30pm	18 **Food Explorers** 11.30am-1.30pm **Table Tennis** 2-3pm

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August 2017

August 2017				
21 **Pawsative Dog Walkers 10-11am** **Music Group 4-5pm** **Peer Space 5 – 6.30pm**	**22** **Veggie Gardening** 11am-1pm **Creative Space** 1– 3pm **How to Adult** 3-5pm	**23** **Mindfulness (Session 3 of 4)** 2-4pm **Match my skills; Navigating your way through VTAC** 4-5pm	**24** **Brain Training** 11am-1pm **Move your body!** 2-3.30pm **Prism**	**25** **Food Explorers** 11.30am-1.30pm **Table Tennis** 2-3pm
28 **Pawsative Dog Walkers 10-11am** **Music Group 4-5pm** **YAC** 5-7pm	**29**	**30** **Mindfulness (Session 4 of 4)** 2-4pm	**31** **Move your body!** 2-3.30pm	**31**

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September 2017

September 2017				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
KEY **Groups** **Discovery College Courses – enrolment required** **Committees** **Peer Support Groups**				1 **Food Explorers** 11.30am-1.30pm **Table Tennis** 2-3pm
4 **Pawsative Dog Walkers 10-11am** **Music Group 4-5pm** **Peer Space 5 – 6.30pm**	5 **Veggie Gardening** 11am-1pm **How to Adult** 3-5pm	6 **Match my skills; Navigating your way through VTAC** 4-5pm	7 **Move your body!** 2-3pm **Prism** **What is it about Medication?** **1-4pm**	8 **Food Explorers** 11.30am-1.30pm **Table Tennis** 2-3pm
11 **Pawsative Dog Walkers 10-11am** **Music Group 4-5pm** **YAC 5-7pm**	12 **Veggie Gardening** 11am-1pm **How to Adult** 3-5pm	13 **Match my skills; Navigating your way through VTAC** 4-5pm	14 **Move your body!** 2-3pm **Echoes** 3:30-4.30pm	15 **Food Explorers** 11.30am-1.30pm **Table Tennis** 2-3pm **Understanding Self Harm** **10am-5pm**
18 **Pawsative Dog Walkers 10-11am** **Music Group 4-5pm** **Peer Space 5 – 6.30pm**	19 **Veggie Gardening** 11am-1pm **How to Adult** 3-5pm	20 **Match my skills; Navigating your way through VTAC** 4-5pm	21 **Move your body!** 2-3pm **Prism**	22 **Food Explorers** 11.30am-1.30pm **Table Tennis** 2-3pm

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For all new group registrations please contact 9076 9400 and arrange a welcome appointment. For further information about the activities and key contact see below.

Prism society: This peer led group is for 12 to 25 year olds who are questioning queer, transgender and everything inbetween (or outside the box!) Contact Person: Katie Wilson

Move your Body Think balls games, circuit training, boxing and sports! Suitable for all fitness and skills levels. Bookings essential. Contact person: Nancy Pepper.

Peer Space: is a support group facilitated by and for people with lived experience of mental health challenges. An opportunity to share experiences, feel understood, explore your hopes, fears, goals and much more. Contact person:Pru Howell-Jay

Brain Training! Having difficulties with attention and memory? Want to learn some strategies to improve your thinking skills? This group covers 6 weeks of brain training games and in session strategies aimed to help improve memory and thinking skills. Contact Person Chris O'Halloran

Pawsative Dog Walkers: What better way to start the week! Join us on Monday morning for a walk and a play with the pooches of headspace! Contact person: Pru Howell- Jay

Veggie gardening: Are you a keen gardener or want to learn? We need your help! You are also welcome to come help water the garden or pick veggies from there during the week, Contact person: Olvia Hunt.

Food explorers: 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. Contact person: Olivia Hunt

Youth advisory committee (YAC): Open to people aged 18 to 25 who have an interest in mental health and would like to be a part of a great team of volunteers and learn new skills . Contact person:Tania Martinow

Creative Space: Come join us for cups of tea and crafty fun! Bring your own project if you wishContact person: Sara Kipnis

Echoes: This is a peer support group for young people who hear, see or sense things that other people dont. Contact Person: Katie Wilson

How to Adult: cover topics such as how to budget for those expensive treats, identifying your strengths to help you apply for future jobs, as well as discovering all you need to know about moving out. Contact Person: Sarah Rijs

Discovery College Courses: What is it about Medication? Understanding Self Harm, Taking Charge of your own health, Mindfulness,. *Please refer to Discovery College enrolment and information form for additoinal information or contact Andrew Foster*

Table Tennis: Join us for Table Tennis on friday afternoons! Everyone is welcome and we will have a coach for those who are wanting to learn. Contact Person: Nancy Pepper

Music Group: Join us for an afternoon of making music! Welcome to bring your own instrument, otherwise come and learn something new! Contact person: Jake Ciminelli

VTAC: 6-week course to assist year 12, VCAL and adult students to understanding important information to determine: whether the course you are applying for is right for you and the steps involved in completing the VTAC course application including: how to pay application processing fees, apply for special consideration and special access scheme. Contact Person: Anne Moran

headspace Programs

Groups
- People usually find they get different things from coming, this might include connecting with others, exploring new interests and building life skills

Peer support groups
- At headspace, support groups are groups of young people who gather to share lived experience of mental helath challenges

Advisory Committees
- These commiteees provide feedback directly to the services and promote services at headspace