

# headspace Programs

Term 3



## July / August 2018

July / August 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
16  <p style="text-align: center; color: #00b050;">YAC 5-7pm Pawsattive Dog Walking 4:00pm-5:00pm</p>	17  <p style="text-align: center; color: #e67e22;">Lifesavers 2:30-4:00pm</p>	18  	19  <p style="text-align: center; color: #00b050;">Table Tennis 1:00-2:15pm Move your body!- Reformer Pilates! 2:30-3:30pm Echoes 4:00 – 5:00pm</p>	20  <p style="text-align: center; color: #00b050;">Food Explorers 11.30am-1.30pm</p>
23  <p style="text-align: center; color: #e67e22;">Peer Space 5 – 6.30pm</p>	24  <p style="text-align: center; color: #00b050;">Creative Minds 12.30-2.00  *Music Group 3:30pm-5:00pm</p>	25  <p style="text-align: center; color: #00b050;">Veggie Gardening 11am-12pm</p>	26  <p style="text-align: center; color: #00b050;">Table Tennis 1:00-2:15pm Move your body! Reformer Pilates! 2:30-3:30pm  Prism</p>	27  <p style="text-align: center; color: #00b050;">Food Explorers 11.30am-1.30pm</p>
30  <p style="text-align: center; color: #00b050;">Pawsattive Dog Walking 4:00pm-5:00pm  YAC 5-7pm</p>	31  <p style="text-align: center; color: #e67e22;">Lifesavers 2:30-4:00pm  *Music Group 3:30pm-5:00pm</p>	1  <p style="text-align: center; color: #e67e22;">*Equine Day  Indroduction to Mindfulness 1 – 4pm</p>	2  <p style="text-align: center; color: #00b050;">Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm  Echoes 4:00 – 5:00pm</p>	3  <p style="text-align: center; color: #00b050;">Food Explorers 11.30am-1.30pm</p>
6  <p style="text-align: center; color: #e67e22;">Peer Space 5 – 6.30pm</p>	7  <p style="text-align: center; color: #00b050;">Creative Minds 12.30-2.00  *Music Group 3:30pm-5:00pm</p>	8  <p style="text-align: center; color: #00b050;">Veggie Gardening 11am-12pm Mindfulness: building a practice. 1 – 3pm</p>	9  <p style="text-align: center; color: #00b050;">Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm  Prism</p>	10  <p style="text-align: center; color: #00b050;">Food Explorers 11.30am-1.30pm</p>

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<p>13</p> <p><b>Pawsattive Dog Walking</b> 4:00pm-5:00pm</p> <p><b>YAC</b> 5-7pm</p>	<p>14</p> <p><b>Lifesavers</b> 2:30-4:00pm <b>*Music Group</b> 3:30pm-5:00pm</p>	<p>15</p> <p><b>Mindfulness: building a practice.</b> 1 – 3pm</p>	<p>16</p> <p><b>Table Tennis</b> 1:00-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm</p> <p><b>Echoes</b> 4:00 – 5:00pm</p>	<p>17</p> <p><b>Food Explorers</b> 11.30am-1.30pm</p>
<p>20</p> <p><b>Peer Space</b> 5 – 6.30pm</p>	<p>21</p> <p><b>Creative Minds</b> 12.30-2.00</p> <p><b>*Music Group</b> 3:30pm-5:00pm</p>	<p>22</p> <p><b>Veggie Gardening</b> 11am-12pm</p> <p><b>Mindfulness: building a practice.</b> 1 – 3pm</p>	<p>23</p> <p><b>Table Tennis</b> 1:00-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm</p> <p><b>Prism</b></p>	<p>24</p> <p><b>Food Explorers</b> 11.30am-1.30pm</p>
<p>27</p> <p><b>Pawsattive Dog Walking</b> 4:00pm-5:00pm</p> <p><b>YAC</b> 5-7pm</p>	<p>28</p> <p><b>Lifesavers</b> 2:30-4:00pm <b>*Music Group</b> 3:30pm-5:00pm</p>	<p>29</p>	<p>30</p> <p><b>Table Tennis</b> 1:00-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm <b>Echoes</b> 4:00 – 5:00pm</p>	<p>31</p> <p><b>Food Explorers</b> 11.30am-1.30pm</p>

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September 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>KEY</b> <b>Groups</b> <b>Discovery College Courses – enrolment required</b> <b>Committees</b> <b>Peer Support Groups</b> <b>* Indicates this is a closed group with limited places</b>				
3  Peer Space 5 – 6.30pm	4  Creative Minds 12.30-2.00  *Music Group 3:30pm-5:00pm	5  Veggie Gardening 11am-12pm	6 Table Tennis 1:00-2:30pm  Move your body! 2:30-3:30pm  Prism	7  Food Explorers 11.30am-1.30pm
10  Pawsattive Dog Walking 4:00pm-5:00pm  YAC 5-7pm	11  Lifesavers 2:30-4:00pm  *Music Group 3:30pm-5:00pm	12  *Equine Day	13 Table Tennis 1:00-2:30pm  Move your body! 2:30-3:30pm  Echoes 4:00 – 5:00pm	14  Understanding Self Harm 10am-4pm  Food Explorers 11.30am-1.30pm
17  Peer Space 5 – 6.30pm	18  Creative Minds 12.30-2.00	19  Veggie Gardening 11am-12pm	20 Table Tennis 1:00-2:30pm  Move your body! 2:30-3:30pm  Prism	21  Food Explorers 11.30am-1.30pm

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.

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headspace  
Bentleigh

**Move your body- Reformer Pilates** uses a spring loaded reformer bed to help lengthen and strengthen muscles without loading your joints. Tailored to every level of fitness, this class will help tone a strong core and has the added benefit of improving posture and flexibility. Contact person: Nancy Pepper.

**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: 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: Mel Purkiss

**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 Jay-Howell

**Discovery College Courses:** A place where people come together to learn from each other, share experiences, and reach a new understanding of mental health, Please refer to Discovery College enrolment and information form for additional information or contact Andrew Foster

**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: Sarah Rijs

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

**Table Tennis:** Join us for Table Tennis on Thursday afternoons! Everyone is welcome and we will have a coach for those who are wanting to learn. Contact Person: Mel Pullen

**ECHOES:** This is a peer support group for young people who hear, see or sense things that other people don't. Contact Person: Ash Thornton

**Prism:** This peer led group is for 16 to 25 year olds who are questioning, queer, transgender and everything in between (or outside the box!) Contact Person: Ash Thornton

**Music Group:** Ever wondered what it would be like to write, record and produce original music? Look no further! Limited spots are available for a small group to experience what it's like to operate professional recording equipment and instruments! Contact person: Katie Wilson or Olivia Hunt

**Creative Minds:** Join us for a cup of tea and some time to work on a creative project of your choice or bring your own. Contact Person: Sarah Rijs or Olivia Hunt.

**LifeSavers-** Lifesavers is a peer led group. It is a safe space to be able to share suicidal thoughts, what sitting with those may feel like and the impact it has on our lives with others who have had/are having similar experiences. Contact: Pru Howell-Jay.

**Equine Day:** Come and see the wonderful equine property down in Somerville. It is a grounding and rewarding experience to be in the presence of these gentle giants. The day involves exploring trust, communication skills and body language through horsemanship skills. RSVP Contact person: Olivia Hunt.

**Move your body:** Think balls games, circuit training, boxing and sports! Suitable for all fitness and skills levels. Bookings essential. Contact person: nancy pepper.

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## 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 health challenges

## Advisory Committees

- These committees provide feedback directly to the services and promote services at headspace

Please note most of our programs are suitable for young people aged 16-25. Young people under the age of 18 will require parent/guardian consent to attend the program. If you are under the age of 18 and wanting to engage with the group program please make contact with Olivia Hunt or Sarah Rijs to discuss further.