

# headspace Programs

## Winter Holiday Program 2017

July 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Gym Group</b> 1 – 3pm <b>Music Group</b> 3.30-5pm <b>YAC</b> 5-7pm	<b>4</b> <b>Williams Ricketts Sanctuary Outing**</b> 10.30am-15.30pm	<b>5</b>	<b>6</b> <b>Movie Session</b> 2-4pm <b>Echoes</b> 3:30-5pm	<b>7</b> <b>Boardgames</b> 1:30-4:00pm
<b>10</b> <b>Pawsitive Dog Walkers</b> 10am-11am <b>Peer Space</b> 5-6.30pm	<b>11</b> <b>Veggie Gardening</b> 11am-1pm	<b>12</b> <b>Albert Park Lake Walk and Lunch**</b> 10.30-3.30pm	<b>13</b> <b>Table Tennis Tournamnet</b> 2-4pm <b>Prism</b>	<b>14</b> <b>Boardgames</b> 1:30-4:00pm
<b>** These outings have limited places available and are often only available to those who have already attended programs with headspace Bentleigh.</b>				



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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.

**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: Katie Wilson.

**Albert Park Lake walk and Lunch:** Feel like being active this Winter? Come join us for a walk through parkland around Albert Park Lake. We will walk about 5kms and then enjoy a picnic lunch together. Bookings and RSVP essential. Contact Person Olivia Hunt

**Boardgames:** UNO! Perhaps Jenga, Trouble, or maybe a little chess? Join us for a fun afternoon, you're welcome to bring any games you may wish to play! Contact person: Sarah Rijs

**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

**Gym:** Interested in improving your physical health but don't know where to start? Drop in on Monday between 1-3pm to see our friendly staff in the gym to get you started. Contact person: Jake Ciminelli

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

**Youth advisory committee (YAC):** Open to people aged 12 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

**Movie Session:** Hate being out in the cold? Come join us for some popcorn and a movie. Contact person: Katie Wilson

**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

**Pawsitive 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: Ash Thornton.

**Table Tennis Tournament: 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

**William Ricketts Sanctuary:** Join us for a trip to the Dandenong Ranges to William Ricketts Sanctuary. We will explore the beautiful clay sculptures of Aboriginal people. Plus a picnic lunch. Bookings and RSVP for essential. Contact Person: Sarah Rijs

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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