

headspace Programs

Winter Holidays

July 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
2 KEY Groups Committees Peer Support Groups Pawsative Dog Walking 3.30-4.30pm	3 **Bowling and laser tag 10.00am- 1:30pm	4	5 Table Tennis Tournament 1:00 – 3:00pm Move your Body Reformer Pilates! 2:30- 3:30pm Prism	6 Board Games (12-17 yrs) 12pm- 1:30pm
9 YAC 5-7pm	10 **Myuna farm outing 11:00am- 3:30pm	11 Veggie Garden Working Bee 10am-12pm Know Your Rights 1:00pm-4:00pm	12 Table Tennis 1:00 – 2:15pm Move your Body Reformer Pilates! 2:30- 3:30pm	13 StreetArt workshop 1.30-4:00pm

If you are interested in any of these activities, please complete the headspace 2018 Winter Break RSVP and Consent Form.

** These outings have limited places available and are only available to those who have already attended programs with headspace Bentleigh. All outings start and finish from headspace Bentleigh.

headspace Programs

For all new group registrations please contact 9076 9400 or email headspacegroups@alfred.org.au and arrange a welcome appointment. For further information about the activities and key contact see below.

Veggie gardening Working bee: 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

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.

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

Know Your Rights: Want to know more about your rights in the workplace.? headspace is teaming up with the Young Worker Centre to run a half day seminar to educate and equip you with all the information you will need to be ready for work. Contact Person : Anne Moran

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: Melissa Pullen

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

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

Myuna Farm Outing: Join us for a day out at Myuna community farm. We will have a lunch together and visit a range of different animals including Alpaca, Donkey, Goats and Pigs. Limited places available, contact person Sarah Rijs or Olivia Hunt.

Street Art Workshop: Ever been interested in the street art around Melbourne? We are famous for it! Well you can come and learn more about it and create some yourself! Contact Person: Olivia Hunt or Sarah Rijs

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 or Melissa Pullen

Bowling and Laser Tag: Join us for an outing into the city to Strike , where we will play bowling and laser tag. Bring your MYKI, limited places available. Contact Person: Sarah Rijs or Melissa Pullen

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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