<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>29</td>
<td>School holidays begin!</td>
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<tr>
<td>30</td>
<td><strong>YAC</strong> 5.00-7.00pm</td>
<td>Karkarook Park walk &amp; games</td>
<td>Yoga** 2:00-3:00pm</td>
<td>Game Gang** 1:00-2:00pm</td>
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<td></td>
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<td>1:00-3:00pm</td>
<td>Prism** 4.30-5.30pm</td>
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<td>6</td>
<td>Brighton Beach coffee &amp; walk</td>
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<tr>
<td>7</td>
<td>discovery convos**</td>
<td>discovery convos**</td>
<td>Prism** 4.30-5.30pm</td>
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<td></td>
<td>7:00 – 7:30pm</td>
<td>10:00 – 11:00am</td>
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<td>10</td>
<td>Game Gang** 1:00-2:00pm</td>
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**Indicates online

Peer Support Groups

Groups

Committees

discovery college

**KEY:**

School holidays end!
Karkarook Park walk & games
Join us for a great time together in the great outdoors! We'll go for a walk and play some games at Karkarook Park in Heatherton. Details to come!
Contact Cassie Rowe to RSVP

Online yoga
Join us to practice yoga via Zoom, in the comfort of your own home. Nothing better than some mid-week relaxation! No previous experience or skill required!
Contact Emily Wilson to RSVP

Game Gang
End the week well by having some fun together online! Join us for some multiplayer fun and cure your ‘board-om,’ via Zoom.
Contact Cassie Rowe to RSVP

Brighton Beach coffee & walk
Get out of the house and have some fun outdoors! We'll get a coffee and go for a walk. Details to come!
Contact Emily Wilson to RSVP

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dc create & run courses about mental health & wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn.
Contact Claire  www.discovery.college  /  0407 861 205
@discoverycollegeconnect

Prism
An online PRIDE group for all the 16-25 year olds looking for support, friends and community. Yes, we mean rainbow pride!
Contact Ash Thornton to RSVP

Youth Advisory Committee (YAC)
Have a passion for mental health? If you are 16-25 years old, want to learn new skills, advocate, advise and be a headspace ambassador, then join our great team of volunteers to meet online!
Contact Ash Thornton to RSVP
Term 2 School Holidays

June/July 2020

Want to get involved?

YES

Yup! I'm between 16-25 years & have permission from my guardian if I'm under 18. I'm connected to headspace or another professional support. (Please contact us if this isn't you to chat about your options).

NO

That's okay. Let us know if you change your mind!

The next step is to decide what you're interested in. Pick as many as you want.

- peer support groups
  Young people meet to share lived experience of mental health challenges, learn from each other and as well as provide a level of understanding that may not be found by others

- groups
  Usually facilitated by clinicians. We get told by our young people that they often attend these groups to build life skills, connect with others, explore new interests or add structure to their day

- committees
  Run by young people for young people. We provide feedback directly to the headspace team, advocate for young people's needs and work on projects with the centre.

Anyone can come to discovery college

Check out

www.discovery.college

@discoverycollegeconnect

Found something you'd like to give a try?

YES

Sounds good! Contact the recovery team at headsparcegroups@alfred.org.au or 0429 183 643 to set up a welcome appointment with us.

NO

Ideas on how to improve our program? We're open to feedback. Contact us & let us know.