### March/April 2020

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| **HOLIDAY PROGRAM STARTS THIS WEEK!** | **Equine day****  
(Bentleigh and Frankston hEP only)** | **In Your Write Mind: Exploring creative writing & recovery @ Frankston** | **Equine day****  
(Narre Warren and Dandeong hEP only)** | **Holey Moley****  
11.30am – 2.30pm** |
| **Taking Charge of Your Health @ Kingston Arts** | | | | |
| 6 | 7 | 8 | 9 | 10 |
| **YAC 5-7pm** | **Self care afternoon**  
2:00pm - 4.00pm | **Bayview Park Outing****  
10:00am - 4:00pm** | | **GOOD FRIDAY PUBLIC HOLIDAY** |

**KEY**
- **Groups**
  - Discovery College Courses – enrolment required
- **Committees**
- **Peer Support Groups**
  - **Indicates this is a closed group with limited places available. Please contact Emily or Cassie to reserve your spot**
headspace Programs

For all new group registrations please contact headspace on ph: 9076 9400 and arrange a Welcome appointment. Groups are for 16-25 years unless otherwise indicated.

For further information about the activities and key contact see below.

- **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
headspace Programs

**Holey Moley:**
Are you ready to kick some putt? We will meet at headspace Bentleigh before heading into the city for a round of indoor mini golf at the cool venue of Holey Moley!
Contact person: Emily Wilson or Cassie Rowe

**Bayview Park and Picnic Lunch:**
The plan is to head out to Narre Warren to meet the other spokes. Join us for 1001 steps and some lunch together!
Contact person: Emily Wilson

**Self Care Afternoon:**
In the mood for an afternoon of looking after yourself and chatting with others? Bring along your own products or we will have access to face masks, nail polish and more!
Contact Person: Emily Wilson or Cassie Rowe

**Discovery College Courses**
A place where people come together to learn from each other, share experiences, and reach a new understanding of mental health. Free with refreshments!
www.discovery.college
Facebook & Instagram @discoverycollegeconnect
0407 861 205

**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!
Contact person: Ash Thornton

**Wii Games:**
A chill afternoon activity at headspace Bentleigh. Come along for some wii fit, wii sports or BYO game! No need to RSVP for this one
Contact person: Emily Wilson or Britt Herbert

**Equine Day:**
Come join us for a day of connection with some special horses! Limited places for this one - please chat to your case manager if you're interested.
Contact person: Emily Wilson or Cassie Rowe

**Bayview Park and Picnic lunch:**
The plan is to head out to Narre Warren to meet the other spokes. Join us for 1001 steps and some lunch together!
Contact person: Emily Wilson