# March/April ONLINE Holiday Program 2020

## March/April 2020

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>30 <strong>HOLIDAY PROGRAM STARTS THIS WEEK!</strong></td>
<td>31</td>
<td>1</td>
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<td>31</td>
<td>How to Adult**&lt;br&gt;2.00pm-3.00pm</td>
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<td>Treat yo’ self**&lt;br&gt;1.00pm - 2.00pm</td>
<td>Let’s Taco bout it**&lt;br&gt;1.00pm – 2.00pm</td>
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<td>YAC 5-7pm</td>
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<td>GOOD FRIDAY PUBLIC HOLIDAY</td>
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**KEY**

**Groups**
- Discovery College Courses – enrolment required
- Committees
- Peer Support Groups

** Indicates that RSVP is required due to the online nature of groups. Please contact Emily or Cassie for details.
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**

**How to Adult**
Get excited, we are bringing our well known program online! Join us to learn all the independent living skills that they didn’t teach you at school.
Contact person: Emily Wilson or Cassie Rowe

**Treat yo self:**
An hour dedicated to self care! We will talk about mindfulness, exercise, healthy eating and other ways to look after ourselves during hard times.
Contact person: Emily Wilson or Britt Herbert

**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

**Let’s Taco bout it**
This group will be dedicated to supporting each other, debriefing and connecting with each other during the changing circumstances of covid-19
Contact person: Emily Wilson or Cassie Rowe