

# headspace Programs

## Term 4



### October/November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
7 <b>Lifesavers</b> 2.30- 4pm <b>YAC 5-7pm</b>	8	9 <b>Animal Connections: Edgars Mission Outing**</b> 9.30am-3.30pm	10 <b>Table Tennis!</b> 1:30-2:30pm <b>Move your body!</b> 2:30-3:30pm <b>Prism</b>	11 <b>Food Explorers</b> 11.30am-1.30pm <b>Chill'n'Chat</b> 4:00-5:30pm
14 <b>Peer Space</b> 3:30-5pm	15 <b>Veggie Gardening</b> 11am-12pm	16 <b>Animal Connections: Melbourne Zoo**</b> 10.30am-3.30pm	17 <b>Table Tennis!</b> 1:30-2:30pm <b>Move your body!</b> 2:30-3:30pm <b>Prism</b>	18 <b>Food Explorers</b> 11.30am-1.30pm <b>Chill'n'Chat</b> 4:00-5:30pm
21 <b>Lifesavers</b> 2.30- 4pm <b>YAC 5-7pm</b>	22 <b>Veggie Gardening</b> 11am-12pm	23 <b>Walk n Talk Step Challenge</b> 2:00-3:00pm	24 <b>Table Tennis!</b> 1:30-2:30pm <b>Move your body!</b> 2:30-3:30pm <b>Prism</b>	25 <b>Food Explorers</b> 11.30am-1.30pm <b>Chill'n'Chat</b> 4:00-5:30pm
28 <b>Peer Space</b> 3:30-5pm	29 <b>Veggie Gardening</b> 11am-12pm	30 <b>Walk n Talk Step Challenge</b> 2:00-3:00pm	31 <b>Headspace Hot Shots Tennis Outing**</b> 1:00-3:00pm <b>Prism</b>	1 <b>Food Explorers</b> 11.30am-1.30pm <b>Chill'n'Chat</b> 4:00-5:30pm

**KEY**  
**Groups**  
**Discovery College Courses – enrolment required**  
**Committees**  
**Peer Support Groups**  
**\*\* Indicates this is a closed group with limited places available**

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November 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
4 <b>Lifesavers</b> 2.30- 4pm  YAC 5-7pm	5 <b>MELBOURNE CUP</b> No program	6 <b>Walk n Talk</b> <b>Step Challenge</b> 2:00-3:00pm	7 <b>Headspace Hot Shots</b> <b>Tennis Outing**</b> 1:00-3:00pm  Prism	8 <b>Food Explorers</b> 11.30am-1.30pm  <b>Chill'n'Chat</b> 4:00-5:30pm
11 <b>Peer Space</b> 3:30-5pm	12 <b>Veggie Gardening</b> 11am-12pm  <b>Making Sense of your</b> <b>Senses: Part A</b> 12 – 4pm	13 <b>Walk n Talk</b> <b>Step Challenge</b> 2:00-3:00pm	14 <b>Headspace Hot Shots</b> <b>Tennis Outing**</b> 1:00-3:00pm  Prism	15 <b>Food Explorers</b> 11.30am-1.30pm  <b>Chill'n'Chat</b> 4:00-5:30pm
18 <b>Lifesavers</b> 2.30- 4pm  YAC 5-7pm	19 <b>Veggie Gardening</b> 11am-12pm  <b>Making Sense of your</b> <b>Senses: Part B</b> 1 – 4pm	20 <b>Walk n Talk</b> <b>Step Challenge</b> 2:00-3:00pm	21 <b>Headspace Hot Shots</b> <b>Tennis Outing**</b> 1:00-3:00pm  Prism	22 <b>Food Explorers</b> 11.30am-1.30pm  <b>Chill'n'Chat</b> 4:00-5:30pm
25 <b>Peer Space</b> 3:30-5pm	26 <b>Veggie Gardening</b> 11am-12pm  <b>Making Sense of your</b> <b>Senses: Part B</b> 1 – 4pm	27 <b>Walk n Talk</b> <b>Step Challenge</b> 2:00-3:00pm	28 Prism	29 <b>In your write mind:</b> <b>exploring creative writing &amp;</b> <b>recovery 10am – 4pm</b>  <b>Food Explorers</b> 11.30am-1.30pm  <b>Chill'n'Chat</b> 4:00-5:30pm

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December 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Lifesavers</b> 2.30- 4pm  YAC 5-7pm	3 <b>Veggie Gardening</b> 11am-12pm <b>Making Sense of your Senses: Part B</b> 1 – 4pm	4  <b>Walk n Talk Step Challenge</b> 2:00-3:00pm	5  <b>Move your body!</b> 2:30-3:30pm  <b>Prism</b>	6  <b>Food Explorers</b> 11.30am-1.30pm  <b>Chill'n'Chat</b> 4:00-5:30pm
9  <b>Peer Space</b> 3:30-5pm	10  <b>Veggie Gardening</b> 11am-12pm	11  <b>Walk n Talk Step Challenge</b> 2:00-3:00pm	12	13  <b>Food Explorers</b> 11.30am-1.30pm  <b>Chill'n'Chat</b> 4:00-5:30pm
16  <b>Lifesavers</b> 2.30- 4pm  YAC 5-7pm	17  <b>Veggie Gardening</b> 11am-12pm	18  <b>Walk n Talk Step Challenge</b> 2:00-3:00pm	19  <b>Move your body!</b> 2:30-3:30pm  <b>Prism</b>	20
<b>Christmas Break</b>				
Summer Break Program Commences January 6th 2020				

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.

**\*\* These outings have limited places available, may be closed and are often only available to those who have already attended programs with headspace Bentleigh.**

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**PRISM- Pride group for all the 16-25 year olds looking for support, friends and community. Yes, we mean rainbow pride!**

Contact person: Ash Thornton

**Food Explorers:** Want to learn new kitchen skills, get ideas of what to cook, or just love sharing food with others? Come and join us on our new food adventure with food explorers. Contact person: Sarah Hewett or Emily Wilson

**headspace Hot Shots Tennis Outing:** Join us for a burst of tennis this Spring! Coach & equipment supplied by Tennis Australia – you can expect a mix of skill building and game time. Sessions are to be held locally at Coatesville Tennis club. Suitable for all levels of fitness and ability! Bring a water bottle and a strong back hand if you have it! RSVP & Consent Form required Contact Person: Brittany Herbert

**LifeSavers-** Is a peer led group. It is a safe space to be able to share suicidal thoughts, what sitting with those may feel like and the impact it has on our lives with others who have had/are having similar experiences. Contact: Pru Howell-Jay.

**Chill'n'Chat:** Open studio, social/ art space. Come along for snacks, creative activities and great conversation  
Ages 12-17. All welcome, no art skills required Contact Person: Sarah Hewett or Emily Wilson

**Move your body:** Think balls games, circuit training, boxing and sports! Suitable for all fitness and skills levels. Bookings essential. Contact person: Brittany 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

**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, plant new seeds or pick veggies. Contact person: Emily Wilson or Sarah Hewett

**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: Mark Campbell

**Walk n Talk Step Challenge:** Let's walk'n'talk Wednesday afternoons and see how many steps we can achieve as a group over the term. Staff and young people welcome to join in for all the fun. Contact Person: Brittany Herbert.

**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](http://www.discovery.college)  
Facebook & Instagram @discoverycollegeconnect  
0407 861 205

**Animal Connections:** Join us for our visits to Edgars Mission (lunch provided) & Melbourne Zoo (BYO lunch or money to purchase lunch). Limited places RSVP & consent form required. Ages 16 and over. Contact person: Sarah Hewett.

**Table Tennis:** Join us for Table Tennis on Thursday afternoons! A mix of skills and games Contact Person: Brittany Herbert or Emily Wilson

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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

Please note most of our programs are suitable for young people aged 16-25. Young people under the age of 18 will require parent/guardian consent to attend the program. If you are under the age of 18 and wanting to engage with the group program please make contact with Emily Wilson or Sarah Hewett to discuss further.