

headspace Programs

October 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
9 Music Group 4-5pm YAC 5-7pm	10 Creative Space 1 – 3pm	11 Veggie Gardening 11 – 12.00pm Taking the edge off 1-4pm	12 Move your body! 2-3.30pm Prism	13 Food Explorers 11.30am-1.30pm Table Tennis 2-3pm Pawsitive Dog Walkers 3-4pm
16 Music Group 4-5.00pm Self and Identity 1 – 4pm Peer Space 5 – 6.30pm	17 How to adult- 1 day workshop 10:00am -5.00pm	18 Veggie Gardening 11 – 12.00pm Taking the edge off 1-4pm	19 Move your body! 2-3.30pm Echoes 3:30-4.30pm	20 Food Explorers 11.30am-1.30pm Table Tennis 2-3.00pm
23 Music Group 4-5pm Self and Identity 1 – 4pm YAC 5-7pm	24 Creative Space 1 – 3pm	25 Veggie Gardening 11 – 12.00pm	26 Move your body! 2-3.30pm Prism	27 Food Explorers 11.30am-1.30pm Table Tennis 2-3pm Communication, Assertiveness & Relationships 1 – 4pm Pawsitive Dog Walkers 3-4pm
30 12:30 – 1:30pm Music Group 4-5pm Self and Identity 1 – 4pm Peer Space 5 – 6.30pm	31	KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups		

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups</p>		<p>1</p> <p>Veggie Gardening 11 – 12.00pm</p> <p>Making sense of our senses 1:30 – 4:30pm</p>	<p>2</p> <p>Move your body! 2-3.30pm</p> <p>Echoes 3:30-4.30pm</p>	<p>3</p> <p>Food Explorers 11.30am-1.30pm</p> <p>Table Tennis 2-3pm</p> <p>Communication, Assertiveness and Relationships 1 – 4pm</p>
<p>6</p> <p>Music Group 4-5pm</p> <p>YAC 5-7pm</p>	<p>7</p> <p>MELBOURNE CUP</p>	<p>8</p> <p>Veggie Gardening 11 – 12.00pm</p> <p>Making sense of our senses 1:30 – 4:30pm</p>	<p>9</p> <p>Move your body! 2-3.30pm</p> <p>Prism</p>	<p>10</p> <p>Food Explorers 11.30am-1.30pm</p> <p>Table Tennis 2-3pm</p> <p>Communication, Assertiveness and Relationships 1 – 4pm</p> <p>Pawsitive Dog Walkers 3-4pm</p>
<p>13</p> <p>Music Group 4-5pm</p> <p>Peer Space 5 – 6.30pm</p>	<p>14</p> <p>Animal Connections – Outing * 12 – 4.00pm</p>	<p>15</p> <p>Veggie Gardening 11 – 12.00pm</p> <p>Making sense of our senses 1:30 – 4.30pm</p>	<p>16</p> <p>Move your body! 2-3.30pm</p> <p>Echoes 3:30-4.30pm</p>	<p>17</p> <p>Food Explorers 11.30am-1.30pm</p> <p>Table Tennis 2-3pm</p>

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November 2017				
<p>20</p> <p>Music Group 4-5pm</p> <p>YAC 5-7pm</p>	<p>21</p> <p>Creative Space 1 – 3pm</p> <p>Animal Connections 1 – 2:30pm</p>	<p>22</p> <p>Veggie Gardening 11 – 12.00pm</p> <p>Making sense of our senses 1:30 – 4:30pm</p>	<p>23</p> <p>Move your body! 2-3.30pm</p> <p>Prism</p>	<p>24</p> <p>Food Explorers 11.30am-1.30pm</p> <p>Table Tennis 2-3pm</p> <p>In someone else's shoes 10am – 4pm</p> <p>Pawsitive Dog Walkers 3-4pm</p>
<p>27</p> <p>Music Group 4-5pm</p> <p>Peer Space 5 – 6.30pm</p>	<p>28</p> <p>Animal Connections – Outing* 12 – 4.00pm</p>	<p>29</p> <p>Veggie Gardening 11 – 12.00pm</p>	<p>30</p> <p>Move your body! 2-3.30pm</p> <p>Echoes 3:30-4.30pm</p>	<p>KEY</p> <p>Groups</p> <p>Discovery College Courses – enrolment required</p> <p>Committees</p> <p>Peer Support Groups</p>

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December 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups				1 Food Explorers 11.30am-1.30pm Table Tennis 2-3pm
4 Music Group 4-5pm YAC 5-7pm	5 Creative Space 1 – 3pm Animal Connections 1 – 2:30pm *	6 Veggie Gardening 11 – 12.00pm	7 Move your body! 2-3pm Prism	8 Food Explorers 11.30am-1.30pm Table Tennis 2-3pm Pawsitive Dog Walkers 3-4pm
11 Music Group 4-5pm Peer Space 5 – 6.30pm	12 Animal Connections – Outing* 12 – 4.00pm	13 Veggie Gardening 11 – 12.00pm	14 Move your body! 2-3pm Echoes 3:30-4.30pm	15 Food Explorers 11.30am-1.30pm Table Tennis 2-3pm
18 Music Group 4-5pm YAC 5-7pm	19 Creative Space 1 – 3pm Animal Connections 1 – 2:30pm*	Headspace Programs will re commence in early January 2018		

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

headspace Programs

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.

Prism society: This peer led group is for 12 to 25 year olds who are questioning queer, transgender and everything inbetween (or outside the box!) Contact Person: Katie Wilson

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

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: Olivia Hunt

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: Pru Howell-Jay

Pawsitive Dog Walkers: What better way to start the week! Join us on Monday morning for a walk and a play with the pooches of headspace! Ages 12-17 years old only. Contact person: Pru Howell- Jay

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: Tania Martinow

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 or pick veggies from there during the week, Contact person: Olivia Hunt.

Animal Connections: Do you love animals? Want to connect and learn how to take care of animals? Join us for our 6 week program which will be a mix of visiting with our farm animal friends in Collingwood and then building some 'pawsitive' relationships with some special cats and dogs right here at headspace Bentleigh. Bookings essential. Contact Olivia Hunt.

Table Tennis: Join us for Table Tennis on friday afternoons! Everyone is welcome and we will have a coach for those who are wanting to learn. Contact Person: Nancy Pepper

Creative Space: Come join us for cups of tea and crafty fun! Bring your own project if you wish Contact person: Sara Kipnis

What is it about Medication? Understanding Self Harm, Taking Charge of your own health, Mindfulness, . Please refer to Discovery College enrolment and information form for additoinal information or contact

How to Adult: cover topics such as how to budget for those expensive treats, identifying your strengths to help you apply for future jobs, as well as discovering all you need to know about moving out. Contact Person: Sarah Rijs

Echoes: This is a peer support group for young people who hear, see or sense things that other people dont. Contact Person: Katie Wilson

Music Group: Join us for an afternoon of making music! Welcome to bring your own instrument, otherwise come and learn something new! Contact person: Jake Ciminelli

headspace Programs

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 groups are suitable for young people aged 16-25. Young people under the age of 18 we require parent/guardian consent to engage with the headspace group program. If you are under the age of 18 and wanting to engage with the group program please make contact with Olivia Hunt or Sarah Rijs to discuss further.