

headspace Programs

Spring Holiday Program 2018

September/October 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
24 YAC 5-7pm	25 Boardgames 12-17yrs 3:00-4:30pm	26 Good Cycles 11am-1pm	27 Move Your Body 2:30-3:30pm. Echoes 3:30-4:30pm	28 Grand Final Public Holiday
1 Pawsitive Dog Walkers 12:30 – 1:30pm Peer Space 5-6.30pm	2 Baking Group 11am-2pm	3 Good Cycles 11am-1pm Veggie Gardening 11am-12pm	4 Table Tennis Tournament 1:00pm-3:00pm Prism	5 ** Albert Park Lake Walk 10.30am-2.30pm
** 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.

Veggie gardening: Have you seen whats been growing over the winter months? or plant some new things for spring Contact person: Olivia Hunt

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! Contact person: Ash Thornton.

Good Cycles Program: This is a 4 week closed program offered to young people 16 yrs + Lunch will be provided for participants, as well as the opportunity to build their own bike. Successful participants will then move onto the 12 month employment program through Good Cycles which will work intensively with the young person to gain employment. Contact person: Catherine Gayed

Boardgames: UNO! Perhaps Jenga, Trouble, or maybe a little chess? Join us for a fun afternoon, you're welcome to bring any games you may wish to play! Ages 12-17years only. Contact person: Sarah Rijs

Prism : 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: Ash Thornton

Youth advisory committee (YAC): Open to people aged 12 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: Mel Purkiss

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

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

Table Tennis Tournament: Join us for our Table Tennis Tournament! Everyone is welcome and we will have a coach for those who are wanting to learn. Contact Person: Brittany Herbert

Baking Group: Anyone get a craving for a nice cupcake in the afternoon..? come help us bake some delicious treats for us to try and even pick up some baking skills along the way!. Contact person: Olivia Hunt

Albert Park Lake walk and Lunch: Feel like being active this Winter? Come join us for a walk through parkland around Albert Park Lake. We will walk about 5kms and then enjoy a picnic lunch together. Bookings and RSVP essential. Contact Person :Sarah Rijs

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

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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