

# headspace Programs

Summer Holiday Program 2019

January 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>KEY</b> Groups Committees Peer Support Groups				
31	1 <b>New Year's Day</b>	2	3	4
7	8 Boardgames 12:00pm-1:30pm	9 Learn 2 Skate 12:00-1.30pm	10 Table Tennis 1:00-2:30pm  Prism	11 **Bowling and Pizza 11:00- 3:00pm  Echoes 3:30-4.30pm
14	15 **Australian Open Outing 10:00am- 4:00pm	16 <b>BBQ and Feedback garden party!</b> 12:30-2:30pm	17 Table Tennis 1:00-2:30pm  Prism	18 **Beach activities and BBQ 11:00- 3:00pm
21  YAC 5:00pm-7:00pm	22 **Arthur's Seat Circuit walk 10:00am- 4:00pm	23  Learn 2 Skate 12:00-1.30pm	24 Table Tennis Tournament 12:30pm – 2:30pm  Prism	25 **Royal Botanic Gardens outing 11:00am- 3:00pm Echoes 3:30-4.30pm

\*\* These outings have limited places available and are often only available to those who have already attended programs with headspace Bentleigh please contact Sarah H or Olivia H to reserve your space.

## headspace Programs

For all new group registrations please contact headspace on ph: **9076 9400** and arrange a Welcome appointment. For further information about the activities and key contact see below.

**Bowling and Pizza:** We will head into the city on the train have a game of bowling and have some pizza and lots of laughs! Contact person: Olivia Hunt

**Royal Botanic Gardens Outing:** Come meet us at Bentleigh we will head into the Royal Botanical Gardens to explore and have a picnic lunch and return to Bentleigh by 3:00pm Contact person: Olivia Hunt or Sarah H.

**Arthur's Seat Circuit Walk:** Ever been down to Arthurs seat and seen the beautiful view? join us to do a circuit walk and have some lunch together.  
Contact person: Sarah H or Olivia H

**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! Contact person: Sarah or Olivia

**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

**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: Ash thornton

**Learn 2 Skate-** Want to learn to skate in a group environment? Make new friends and learn new skills? All skill levels welcome. Boards provided. Bring a helmet if you can.

Contact person: Ash Thornton

**ECHOES-** Peer led group to explore your own experience with voice hearing or extra sensory experiences. Hearing, seeing or sensing things that others don't is kind of our thing. 16-25 year olds.

**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

**Australian Open Outing:** Join us for a day at the tennis highlight for the year! We have ground passes and will be checking out whats on offer. Contact Person: Olivia Hunt

**Beach Activities and BBQ:** We will meet up with the guys from Frankston headspace at Mordiallic beach and eat a BBQ lunch together.

Contact Person: Olivia H and Sarah H

**BBQ and Feedback Party!** Headspace garden! Music, giveaways and BBQ lunch! we want to hear what you have to say about the programs we run! Tell us what you think! Contact Person: Olivia hunt

## 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