

What	Campus	Details	Course length	Dates
What is it about Medication?	headspace Bentleigh	This course brings people together to engage in an open dialogue about the role of medication in mental health. It will allow for a space to explore the experiences you have, or have had with medication.	1 session	Thursday 8 February 1:30 – 4:30pm
Taking Charge of Your Own Health	headspace Frankston	This course brings people together to explore the roles and responsibilities we each have in our own mental health and well-being as well as those that we support.	1 session	Friday 9 February 12:30pm – 4:30pm
Managing the Ripple Effect	headspace Bentleigh	This course brings people together friends and family members (of those having challenges with their mental health) and health care professionals to gain some new insights into being able to support ourselves and others through the challenges associated with mental health.	1 session	Wednesday 21 February 5.30 – 8.30pm
Taking the Edge Off: let's talk about drugs and alcohol.	headspace Frankston	This course brings people together to engage in an open conversation about drugs, alcohol and mental health.	2 sessions	Friday 23 February & 2 March 10.30am – 1:30pm
Mindfulness	headspace Bentleigh	This course brings people together in a group-learning environment where they will experience a range of skills, techniques and ideas about how to live mindfully.	4 sessions	Wednesday 7, 14, 21 and 28 March 1 – 3pm
What is it about Medication?	headspace Frankston	This course brings people together to engage in an open dialogue about the role of medication in mental health. It will allow for a space to explore the experiences you have, or have had with medication.	1 session	Friday 9 March 1 – 4pm
Taking the Edge Off: let's talk about drugs and alcohol.	Task Force Bentleigh	This course brings people together to engage in an open conversation about drugs, alcohol and mental health.	2 sessions	Tuesday 13 & 20 March 10am – 1pm
In Someone Else's Shoes: different ways of understanding	Alfred CYMHS Seminar Room Bentleigh	This course brings people together to explore many different ways of understanding theirs and other people's experiences in mental health.	1 session	Friday 16 March 10am – 4pm