

April/May 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
22 Easter Monday	23	24	25 Anzac Day	26 Food Explorers 11.30am-1.30pm Chill'n'Chat 3:30-5:30pm
29 Peer Space 3:30-5pm	30 Pawsative Dog walking 10:00-11:00am **ACT Group	1	2 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	3 Food Explorers 11.30am-1.30pm What is a diagnosis? 12:30 – 3:30pm Chill'n'Chat 3:30-5:30pm
6 Lifesavers 2.30- 4pm YAC 5-7pm	7 **ACT Group Echoes 4:00 – 5.30pm	8	9 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	10 Food Explorers 11.30am-1.30pm Chill'n'Chat 3:30-5:30pm
13 Peer Space 3:30-5pm	14 Pawsative Dog walking 10:00-11:00am **ACT Group	15 What is it about medication? 1 – 4pm	16 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	17 Food Explorers 11.30am-1.30pm Chill'n'Chat 3:30-5:30pm

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

headspace Programs



20 Lifesavers 2.30- 4pm YAC 5-7pm	21 Pawsative Dog walking 10:00-11:00am **ACT Group	22	KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups * Indicates this is a closed group with limited places available	
May/ June 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups * Indicates this is a closed group with limited places			23 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	24 **Dandenong Market outing 9:30-11:30am Food Explorers 11.30am-1.30pm Chill'n'Chat 3:30-5:30pm
27 Peer Space 3:30-5pm	28 Pawsative Dog walking 10:00-11:00am Taking the edge off: let's talk about drugs & alcohol 1 – 4pm **ACT Group	29	30 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	31 Food Explorers 11.30am-1.30pm Chill'n'Chat 3:30-5:30pm
3 Lifesavers 2.30- 4pm YAC 5-7pm	4 Pawsative Dog walking 10:00-11:00am Taking the edge off: let's talk about drugs & alcohol 1 – 4pm **ACT Group Echoes 4:00 – 5.30pm	5	6 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	7 Food Explorers 11.30am-1.30pm Chill'n'Chat 3:30-5:30pm

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10 Peer Space 3:30-5pm	11 Pawsative Dog walking 10:00-11:00am **ACT Group	12	13 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	14 Food Explorers 11.30am-1.30pm Chill'n'Chat 3:30-5:30pm
17 Lifesavers 2.30- 4pm YAC 5-7pm	18 Pawsative Dog walking 10:00-11:00am **ACT Group	19	20 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	21 Food Explorers 11.30am-1.30pm Chill'n'Chat 3:30-5:30pm
June 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
24 Peer Space 3:30-5pm	25 Pawsative Dog walking 10:00-11:00am	26	27 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	28 Food Explorers 11.30am-1.30pm Chill'n'Chat 3:30-5:30pm

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.

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Pawsative Dog Walkers: What better way to get active and Join us on Tuesday morning for a walk and a play with the pooches of headspace! Contact person: Olivia Hunt

Discovery College Courses: A place where people come together to learn from each other, share experiences, and reach a new understanding of mental health, Please refer to Discovery College enrolment and information form for additoinal information or contact Andrew Foster

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

ECHOES- Peer led group to explore your own experience with voice hearing or extra sensory experiences. 16-25 year olds. Contact person: Ash Thornton

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

ACT Group: ACT is a fun and interactive 8 week group program that focuses on re-connecting with what's important to you and learning new ways to respond to some of the obstacles that have been taking you off track. Contact Person: Sally Brookes or Mary Stanley.

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 Jay-Howell

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

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

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

Dandenong Market Outing: Come with us for a morning market outing to collect some fresh ingredients for us to cook with for food Explorers or you could do a bit of your own shop if you prefer. Contact person: Sarah H or Olivia H.

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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 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 Olivia Hunt or Sarah Hewett to discuss further.

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