



## Term 1, 2017: headspace Discovery College

The Discovery College is about learning from each other, sharing experiences and ideas to explore who we are, what works for us, what we want and what we can do. Discovery learning values all different kinds of knowledge and experiences.

**How do I enrol?** You can enrol by emailing your completed enrolment form to [Discovery.College@alfred.org.au](mailto:Discovery.College@alfred.org.au) or drop it to headspace Bentleigh reception. Full details of all courses are available on our [website](#)

What	Details	Course length	Start date	Campus
<b>Taking charge of your own health</b>	In this short course we will explore the roles and responsibilities we each have for our own health and well-being and that of those that we support and care for.	1 day	Tuesday, 21 February (10am-5pm). Lunch and refreshments will be provided	headspace Bentleigh
<b>What is it about medication?</b>	This course brings together people who are interested in having some open discussion about the role of medication in mental health. It provides an opportunity to look differently at how we take care of our own mental health and that of those we support in an engaging and interactive way.	3 hours	Monday, 27 February (5pm – 8pm)	headspace Frankston
<b>What is it about medication?</b>	This course brings together people who are interested in having some open discussion about the role of medication in mental health. It provides an opportunity to look differently at how we take care of our own mental health and that of those we support in an engaging and interactive way.	3 hours	Wednesday, 22 March (2pm – 5pm)	headspace Bentleigh
<b>Understanding self- harm</b>	This course allows space for participants to openly discuss and unpack their own experiences around self-harm in a non-judgemental and safe environment.	1 day	Wednesday, 29 March (10am – 5pm). Lunch and refreshments will be provided.	headspace Bentleigh