**headspace**
**Bentleigh**
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Bentleigh VIC 3204
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# Term 4, 2016: 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 or drop it to headspace Bentleigh reception. Full details of all courses are available on our website

| What | Details | Course length | Start date | Campus |
|---|---|---|---|---|
| **Mindfulness** | This course brings young people together in a group-learning environment where they will experience a range of skills, techniques and ideas about how to live mindfully. | 8 sessions, once weekly | Wednesday 12 October (1.30pm – 3.30pm) | headspace Bentleigh |
| **Understanding self harm** | 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 | Tuesday 8 November (10am – 5pm). Lunch and refreshments will be provided. | headspace Bentleigh |
| **Self and identity** | This course enables and encourages you as an individual to learn about yourself and who you are as a person. Throughout the course you will explore who you are in your community, who you are to others, how your identity shapes your decision making and how you change over time. | 3 sessions, once weekly | Tuesday 11 October (1pm – 4pm) | headspace Bentleigh |
| **Taking charge of your own health** | 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 6 December (10am-5pm). Lunch and refreshments will be provided | headspace Bentleigh |

**\*Some headspace Discovery College courses are held at headspace Frankston and headspace Narre Warren**