

headspace Groups Term 4

October / November / December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>06</p> <p>Walk and talk 2 – 3 PM</p> <p>Peer Space 3:15 – 4:30 PM</p>	<p>07</p> <p>Games Gang 3-4:30PM</p>	<p>08</p>	<p>09</p> <p>Yoga 1-2pm (Please RSVP) Proudly sponsored by Dragonfly Music</p> <p>Weekly Workout 2:30-3:30 PM</p>	<p>10</p>
<p>13</p> <p>Walk and talk 2 – 3 PM</p>	<p>14</p> <p>Echoes 12:30-2pm</p> <p>Games Gang (@Boss Board Games) 2:30-4:30PM</p>	<p>15</p> <p>Food Explorers 11 - 1pm</p>	<p>16</p> <p>Yoga 1-2pm (Please RSVP)</p> <p>Weekly Workout 2:30-3:30 PM</p>	<p>17</p>
<p>20</p> <p>Walk and talk 2 – 3 PM</p> <p>Peer Space 3:15 – 4:30 PM</p>	<p>21</p> <p>Crafternoon 12:30-2:15pm</p> <p>Games Gang 3-4:30PM</p>	<p>22</p>	<p>23</p> <p>Yoga 1-2pm (Please RSVP)</p> <p>Weekly Workout 2:30 - 3:30 PM</p>	<p>24</p>

October/November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p>Walk and talk 2 - 3pm</p>	<p>28</p> <p>Echoes 12:30-2pm</p> <p>Games Gang 3-4:30PM</p>	<p>29</p> <p>Food Explorers 11 - 1pm</p>	<p>30</p> <p>Yoga Sound Bath and Meditation 1-2pm (Please RSVP)</p> <p>Weekly Workout 2:30 - 3:30pm</p>	<p>31</p>
<p>03</p> <p>Walk and talk 2 - 3pm</p> <p>Peer Space 3:15 - 4:30pm</p>	<p>04</p> <p>PUBLIC HOLIDAY</p>	<p>05</p>	<p>06</p> <p>Crafternoon (catch up) 12:30-2:15pm</p> <p>Weekly Workout 2:30 - 3:30pm</p>	<p>07</p>
<p>10</p> <p>Walk and talk 2 - 3pm</p>	<p>11</p> <p>Echoes 12:30-2pm</p> <p>Games Gang (@Boss Board Games) 2:30-4:30PM</p>	<p>12</p> <p>Food Explorers 11 - 1pm</p>	<p>13</p> <p>Weekly Workout 2:30 - 3:30pm</p>	<p>14</p>

headspace Groups Term November/December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 Walk and talk 2 – 3pm Peer Space 3:15 – 4:30pm	18 Crafternoon 12:30-2:15pm Games Gang 3-4:30PM	19	20 Weekly Workout 2:30-3:30pm	21
24 Walk and talk 2 – 3pm	25 Echoes 12:30-2pm Games Gang 3-4:30PM	26 Food Explorers 11 – 1pm	27 Weekly Workout 2:30-3:30pm	28
01 Walk and talk 2 – 3pm Peer Space 3:15 – 4:30pm	02 Crafternoon 12:30-2:15pm Games Gang 3-4:30PM	03	04 End of Year Celebration	05

headspace Groups Term December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>08</p> <p>Walk and talk 2 – 3pm</p> <p>Peer Space Narre Warren 2:30 – 4pm</p>	<p>09</p> <p>Games Gang 3 – 4:30pm</p>	<p>10</p> <p>Food Explorers 11 – 1pm</p>	<p>11</p>	<p>12</p>
<p>15</p> <p>Walk and talk 2 – 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>16</p> <p>Crafternoon 12:30-2:15pm</p> <p>Games Gang 3-4:30PM</p>	<p>17</p>	<p>18</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>19</p>

More info about our groups

WEEKLY WORKOUT

Small group class, all levels of fitness welcome,
go at your own pace!

Circuit style: different exercises each week
including resistance, balance and cardio training.

Lots of fun, whilst
improving your health, muscle & bone strength,
cognition and your mood.

YOGA

A group offering mindful movement where young
people can sample different styles of yoga and
somatic practice while building body awareness,
relaxation, and self-regulation skills.

Proudly sponsored by *Dragon Fly Music*

PEER SPACE

A group where those with lived experience can
connect, unpack and inspire. Participants
support each other by sharing experiences, hope
and strength to tackle life's challenges.

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.

ECHOES

Echoes is a supportive and safe space to connect
with others who are also curious
about experiences, sensations and beliefs that
differ from others, and how we navigate these.

GAMES GANG

Join us for some multiplayer board games, video
games, trivia, cards, and more...

Monthly at our exciting new venue- Bossboard
games in Moorabbin.

WALK & TALK

Join us for a leisurely walk local to headspace
Bentleigh.

A great opportunity to meet and connect with
other young people, staff, volunteers and peer
workers from headspace in a casual setting.

CRAFTERNOON

A welcoming space for young people to explore
creativity through hands-on activities like painting,
crochet, and DIY projects. Crafternoon encourages
self-expression, relaxation, and connection while
making something unique to take home.

How to get involved?

Email: headspacegroups@alfred.org.au

Or

Call Recovery Groups coordinators

Loren (she/her): 0437 380 112