

headspace Programs

Term 1



January/February 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
27 KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups ** Indicates this is a closed group with limited places available	28	29	30 Table Tennis 1:30-2:30pm Prism	31 Food Explorers 11.30am-1.30pm
3 Peer Space 3:30-5pm	4 Veggie Gardening 11.00am-12.00pm	5 Mindfulness: Part A 12:00-3.00pm	6 Saints Active** 1:00-3:00pm Prism	7 Food Explorers 11.30am-1.30pm
10 Making Sense of your Senses: Part A 1-3pm Lifesavers 2.30- 4pm YAC 5-7pm	11 Out n About ** 2.00-3.30pm What is Creativity? 10am-4pm	12 Mindfulness: Part B 1:00-3.00pm	13 Saints Active** 1:00-3:00pm Prism	14 Food Explorers 11.30am-1.30pm
17 Peer Space 3:30-5pm	18 Veggie Gardening 11am-12pm	19 Mindfulness: Part B 1:00-3.00pm	20 Saints Active** 1:00-3:00pm Crafternoon 3.00-5.00pm Prism	21 Food Explorers 11.30am-1.30pm

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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February/March 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
24 Lifesavers 2.30- 4pm YAC 5-7pm	25 Out n About** 2.00-3.30pm	26 Mindfulness: Part B 1:00-3.00pm	27 Saints Active** 1:00-3:00pm Crafternoon 3.00-5.00pm Prism	28 Food Explorers 11.30am-1.30pm
2 Peer Space 3:30-5pm	3 Veggie Gardening 11am-12pm	4	5 Saints Active** 1:00-3:00pm Crafternoon 3.00-5.00pm Prism	6 Food Explorers 11.30am-1.30pm
9 Public Holiday- No groups today	10 Out n About ** 2.00-3.30pm	11	12 Saints Active** 1:00-3:00pm Crafternoon 3.00-5.00pm Prism	13 Food Explorers 11.30am-1.30pm
16 Peer Space 3:30-5pm	17 Veggie Gardening 11am-12pm	18	19 Table Tennis 1:30-2:30pm Crafternoon 3.00-5.00pm Prism	20 Food Explorers 11.30am-1.30pm

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March 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
23 Lifesavers 2.30- 4pm YAC 5-7pm	24 Out n About** 2.00-3.30pm	25	26 Move your body 1:30-2:30pm Crafternoon 3.00-5.00pm Prism	27 Food Explorers 11.30am-1.30pm Last day of Term 1

<h3>Groups</h3>	<ul style="list-style-type: none"> • People usually find they get different things from coming, this might include connecting with others, exploring new interests and building life skills
<h3>Peer support groups</h3>	<ul style="list-style-type: none"> • At headspace, support groups are groups of young people who gather to share lived experience of mental health challenges
<h3>Advisory Committees</h3>	<ul style="list-style-type: none"> • These committees provide feedback directly to the services and promote services at headspace

Please note 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 Emily Wilson or Cassie Rowe to discuss further.

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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

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 or Emily Wilson

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

Saints Active:

Come train like the St Kilda Saints do!! we are doing a 6 week program working with AFL principals and run by AFL St Kilda community coaches. Meet at Headspace Bentleigh 1pm and return by 3pm

Contact person: Brittany H.

Crafternoon: Open studio, social/ art space. Come along for snacks, creative activities and great conversation

Ages 16-25 years. All welcome, no art skills required

Contact Person: Emily Wilson

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: Mark Campbell

Out n About:

Come get active in the warm weather, we go to the beach or park and play some sports or go for a walk!

Contact Person: Emily Wilson or Cassie Rowe

Discovery College Courses: A place where people come together to learn from each other, share experiences, and reach a new understanding of mental health. Free with refreshments!

www.discovery.college

Facebook & Instagram
[@discoverycollegeconnect](https://www.instagram.com/discoverycollegeconnect)

0407 861 205

Table Tennis: Join us for Table Tennis on Thursday afternoons! A mix of skills and games

Contact Person: Brittany Herbert or Emily Wilson

Move your body: Think balls games, circuit training, boxing and sports! Suitable for all fitness and skills levels. Bookings essential.

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.

Veggie gardening: Are you a keen gardener or want to learn? We need your help! You are also welcome to come help water the garden, plant new seeds or pick veggies.

Contact person: Emily Wilson or Cassie Rowe

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