



# headspace Darwin Group Program April 2018

MON	TUE	WED	THU	FRI
<b>2</b> Easter Monday	<b>3</b> PRISM (17+ yrs) 3:30 to 5pm	<b>4</b> Social Space 3:30 to 5pm	<b>5</b> Ralph & Harlow 3 to 5pm Wall Art Painting 3:30 to 5pm Mindful Me 5:30 to 6:30pm	<b>6</b> Free Yoga Fridays 4:15 to 5pm
<b>9</b> Food Explorers 3:30 to 5pm	<b>10</b>	<b>11</b> Social Space 3:30 to 5pm YRG 5 to 6:30pm	<b>12</b> Wall Art Painting 3:30 to 5pm Mindful Me 5:30 to 6:30pm	<b>13</b> Free Yoga Fridays 4:15 to 5pm
<b>16</b> Open Art 3:30 to 5pm	<b>17</b> Get Wise about Anxiety 3:30 to 5pm (Week 1) PRISM (12-16 yrs) 3:30 to 5pm	<b>18</b> Social Space 4 to 6:30pm	<b>19</b> Ralph & Harlow 3 to 5pm Wall Art Painting 3:30 to 5pm Family & Carer Connections 7 to 8:30pm Mindful Me 5:30 to 6:30pm	<b>20</b> Free Yoga Fridays 4:15 to 5pm
<b>23</b> Food Explorers 3:30 to 5pm	<b>24</b> Get Wise about Anxiety 3:30 to 5pm (Week 2)	<b>25</b> Anzac Day	<b>26</b> Wall Art Painting 3:30 to 5pm Mindful Me 5:30 to 6:30pm	<b>27</b>
<b>30</b> Open Art 3:30 to 5pm				

**KEY** Work / Education Social / Leisure Creative Expression Family & Friends Personal Development / Well-being TBC = To Be Confirmed

For more information or to register please speak to your headspace clinician or contact Alex at [amuir@anglicare-nt.org.au](mailto:amuir@anglicare-nt.org.au) / phone 8931 5999



# headspace Darwin Group Program Descriptions

## Open Art

A group where you can bring your own art/craft project to work on or use the art/craft supplies provided. You will also have the choice of trying a specific art/craft activity (with instructions/demonstration provided) which is organised by the facilitator for each session. No prior art/craft experience is required. This group is open to all young people whom have been accepted into a headspace program.

## Wall Art Painting

A group led by a local street artist where you help design and paint themed murals in rooms within the headspace hub in Casuarina. No prior painting experience is required. This group is open to all young people whom have been accepted into a headspace program.

## PRISM LGBTIQ+

A safe and confidential place to be yourself, connect with like minded young people and find out information about health, services and support. A social group where young people in the group have input into the activities. This group is open to all young people aged 12 to 25 in the community.

## Social Space

A group where you can socialise/practice social skills in a supportive environment and potentially make new friendships/peer networks. Group members chooses the activities through a committee. Activities so far have included 10 pin bowling, laser tag, card/board games and a BBQ at the beach. This group is open to young people whom are part of the headspace Youth Early Psychosis Program (hYEPP).

## Ralph & Harlow

An informal group where you drop in to spend time with therapy dogs, Ralph and Harlow. You can also register their interest in specific group activities with them including taking them for a walk, washing/brushing them, learning a dance routine with them and helping them perform tricks/obstacle course. This group is open to all young people whom have been accepted into a headspace program.

## Youth Reference Group

headspace Darwin's Youth Reference Group (YRG) designs and implements mental health advocacy projects, reviews headspace policies, forms and processes and provides feedback to headspace Darwin from a youth perspective. Any young person aged between 15 and 25 years can apply to join the group. Training opportunities are provided.

## Get Wise about Anxiety

An 6 week course for you to learn about the nature of Anxiety and learn and practice skills to better manage anxiety in a safe group environment. This course is based on Cognitive Behavioural Therapy (CBT), a well established therapy for anxiety. This group is open to all young people whom have been accepted into a headspace program.

## Mindfulness

A 4 week open group for you to learn and practice mindfulness skills. Each week will focus on a different mindfulness process from the Acceptance Commitment Therapy (ACT) model; Acceptance, Defusion, Contact with the present moment and Self as context. This group is open to all young people whom have been accepted into a headspace program.

## Anger and Me

A 4 week open group to learn more about anger and develop coping strategies to use in our daily lives. This group is open to all young people whom have been accepted into a headspace program.

## Free Yoga Fridays

A 6 week Introductory Level Yoga Program run by an instructor from the Australian School of Meditation and Yoga (ASMY). This group is open to all young people whom have been accepted into a headspace program.

## Food Explorers

A group where you choose a recipe to cook/bake as a team with the support of staff. You can also request to assist with the shopping/budgeting tasks required to get the ingredients needed. No prior cooking experience is required. This group is open to all young people whom have been accepted into a headspace program.

## Family Carer Connections

A group for family or carers of young people whom are experiencing mental health concerns. This group provides information, education and support, recognising that family members/carers are often affected and play an essential part in the young person's recovery. This group is open to all family/carers in the community.