Winter Holidays

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| July 2018 | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 2  KEY  **Groups**  Committees  Peer Support Groups  **Pawsative Dog Walking**  3.30-4.30pm | 3  **\*\*Bowling and laser tag**  10.00am- 1:30pm | 4 | 5  **Table Tennis Tournament**  1:00 – 3:00pm  **Move your Body Reformer Pilates!**  2:30- 3:30pm  **Prism** | 6  **Board Games**  **(12-17 yrs)**  12pm- 1:30pm |
| 9    **YAC**  5-7pm | 10  **\*\*Myuna farm outing**  11:00am- 3:30pm | 11  **Veggie Garden Working Bee**  10am-12pm  **Know Your Rights**  1:00pm-4:00pm | 12  **Table Tennis**  1:00 – 2:15pm  **Move your Body Reformer Pilates!**  2:30- 3:30pm | 13  **StreetArt workshop**  1.30-4:00pm |

If you are interested in any of these activities, please complete the headspace 2018 Winter Break RSVP and Consent Form.

\*\* These outings have limited places available and are only available to those who have already attended programs with headspace Bentleigh. All outings start and finish from headspace Bentleigh.

For all new group registrations please contact 9076 9400 or email [headspacegroups@alfred.org.au](mailto:headspacegroups@alfred.org.au) and arrange a welcome appointment. For further information about the activities and key contact see below.