## headspace Groups Term 3

## July / August 2023

N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10		11	12	13	14
Wa	alk and Talk 2 - 3pm		Food Explorers 11 - 1pm	Prism	
Р	alk and talk 2 - 3pm Peer Space 30 – 4:30pm	18 Games Gang 3 - 4:30pm	19	20 Fab, Fit & Fun 2 - 3pm	21
24 W	alk and talk 2 - 3pm	25 <u>In Someone Else's Shoes:</u> <u>different ways of understanding</u> <u>mental health</u> <u>10am – 3pm</u> <u>@ Kingston Youth Services</u>	26 Food Explorers 11 - 1pm	26 Fab, Fit & Fun 2 - 3pm Prism	27
Р	alk and talk 2 - 3pm Peer Space 30 – 4:30pm	1 Games Gang 3 - 4:30pm	2 Dragonfly Music Therapy 3:15 - 4:30pm (Bentleigh Youth Hub)	3 Fab, Fit & Fun 2 - 3pm	4
disc	overycollege	Peer Support Groups	Groups	Committees	



## headspace Groups Term 3

August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walk and talk 2 - 3pm	8	9 Food Explorers 11 - 1pm Dragonfly Music Therapy 3:15 - 4:30pm (Bentleigh Youth Hub)	10 Fab, Fit & Fun 2 - 3pm Brain Training 3 - 4:30pm Prism	11
4 Walk and talk 2 - 3pm Peer Space 3:30 – 4:30pm	15 Games Gang 3 - 4:30pm	16 <u>What is it about Medication?</u> 10am – 1pm <u>@ Kingston Youth Services</u> Dragonfly Music Therapy 3:15 - 4:30pm (Bentleigh Youth Hub)	17 Fab, Fit & Fun 2 - 3pm Brain Training 3 - 4:30pm	18
1 Walk and talk 2 - 3pm	22	23 Food Explorers 11 - 1pm Dragonfly Music Therapy 3:15 - 4:30pm (Bentleigh Youth Hub)	24 Fab, Fit & Fun 2 - 3pm Brain Training 3 - 4:30pm Prism	25
8 Walk and talk 2 - 3pm Peer Space 3:30 - 4:30pm	29 Games Gang 3 - 4:30pm	30 Dragonfly Music Therapy 3:15 - 4:30pm (Bentleigh Youth Hub)	31 Fab, Fit & Fun 2 - 3pm Brain Training 3 - 4:30pm	1
discoverycollege	Peer Support Groups	Groups	Committees	ි headspa

# headspace Groups Term 3

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6		8
Walk and Talk 2 - 3pm		Food Explorers 11 - 1pm	Fab, Fit & Fun 2 - 3pm	
		Dragonfly Music Therapy 3:15 - 4:30pm	Brain Training 3 - 4:30pm	
	10	(Bentleigh Youth Hub)	Prism	
11 Walk and Talk 2 - 3pm Peer Space 3:30 – 4:30pm	12 Games Gang 3 - 4:30pm	13	14 Fab, Fit & Fun 2 - 3pm Brain Training 3 - 4:30pm	15
discoverycollege	Peer Support Groups	Groups	Committees	



PRISM with Max (she/they) & Chris (he/him) Your local LGBTIQA+ Peer Support space! We have chats, we play games, but most of all we support each other to be ourselves. It is okay to ask questions. Your feelings and experiences are valid!	Brain Training with Jacquie (she/her) & Lauren (she/her) Are you linked to the headspace Early Psychosis service and having difficulties with attention and memory? Then this group might be for you! It aims to teach strategies to help improve these thinking skills. Speak to your case manager about referral today!	<b>PEER SPACE</b> with Ryannah (she/her) & Jas (she/her) 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 with Joe (he/him) & Mike (he/him) 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.	discovery college create & run free courses about mental health and wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn. Contact Claire on 0407 861 205 or visit: discovery.college @discoverycollegeconnect	GAMES GANG With Issy (she/her) Looking to level up or cure your 'board-om'? Join us online for some multiplayer board games, Jackbox and more
WALK & TALK Join us for a leisurely walk local to headspace Bentleigh. A great opportunity to meet and connect with other young people.	<ul> <li>FAB, FIT &amp; FUN with Mary (she/her) &amp; Issy (she/her)</li> <li>Fab = YOU</li> <li>Fit = small group class, circuit style - different exercises each week strength, mobility, balance and cardio</li> <li>Fun = music; go at your own pace You will improve your health, muscle &amp; bone strength, cognition and your mood.</li> </ul>	DRAGONFLY MUSIC THERAPY GROUP Venue: Bentleigh Youth Hub With Hillary (she/her) and Loren (she/her) Are you a music lover? Join us for a 6 -week music therapy experience! Facilitated by a professional music therapist. Music therapy can help to reduce stress, improve mood expression and more



### Want to get involved?

#### YES

I'm 16 - 25 years old. I'm connected to headspace or another professional support. If under 18, I have guardian permission.

**Groups** Usually facilitated by clinicians. Young People say they attend to build life skills, connect with others, explore new interests or add structure to their day.

Committees Run by young people for young people. We give feedback directly to headspace, advocate for young people's needs and work on projects with the centre.

Found something you'd like to try?

Contact us to get involved: headspacegroups@alfred.org.au 9076 9400

YES

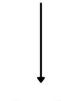
Ideas on how to improve our program? We love feedback so let us know.

NO

Peer Support Groups

NO

Contact us to chat about options.



Another option? Anyone can come to

discovery college.

Co-produced courses about mental health and wellbeing. It's for young people, profesionals, family and friends or anyone who wants to learn.

www.discovery.college

<u>@discoverycollegeconnect</u>

