

headspace Groups Term 1 February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Walk and talk 2 – 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>4</p> <p>Games Gang 3 – 4:30pm</p>	<p>5</p> <p>Food Explorers 11 – 1pm</p> <p>Learn to Play Guitar 3:30 – 4:45pm</p>	<p>6</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30-3:30pm</p> <p>Love Bites 4 – 5:30pm</p>	<p>7</p>
<p>10</p> <p>Walk and talk 2 – 3pm</p>	<p>11</p> <p>Echoes 1 – 2:30pm</p> <p>Games Gang 3 – 4:30pm</p>	<p>12</p> <p>Learn to Play Guitar 3:30 – 4:45pm discovery college Course: Making Sense of Your Senses - (Online) 10am - 12pm</p>	<p>13</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30-3:30pm</p> <p>Love Bites 4 – 5:30pm</p>	<p>14</p>
<p>17</p> <p>Walk and talk 2 – 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>18</p> <p>Games Gang 3 – 4:30pm</p>	<p>19</p> <p>Food Explorers 11 – 1pm</p> <p>Learn to Play Guitar 3:30 – 4:45pm</p>	<p>20</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30 – 3:30pm</p> <p>Love Bites 4 – 5:30pm</p>	<p>21</p>

headspace Groups Term 1 February/March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>24</p> <p>Walk and talk 2 - 3pm</p> <p>Ask a Careers Counsellor 2:30 - 4pm</p>	<p>25</p> <p>Echoes 1 - 2:30pm</p> <p>Games Gang 3 - 4:30pm</p>	<p>26</p> <p>Learn to Play Guitar 3:30 - 4:45pm</p>	<p>27</p> <p>Garden Space 1 - 2pm</p> <p>Weekly Workout 2:30 - 3:30pm</p> <p>Love Bites 4 - 5:30pm</p>	<p>28</p>
<p>3</p> <p>Walk and talk 2 - 3pm</p> <p>Peer Space 3:15 - 4:30pm</p>	<p>4</p> <p>Games Gang 3 - 4:30pm</p>	<p>5</p> <p>Food Explorers 11 - 1pm</p>	<p>6</p> <p>Garden Space 1 - 2pm</p> <p>Weekly Workout 2:30 - 3:30pm</p>	<p>7</p>
<p>10</p> <p>Walk and talk 2 - 3pm</p>	<p>11</p> <p>Echoes 1 - 2:30pm</p> <p>Games Gang 3 - 4:30pm</p>	<p>12</p>	<p>13</p> <p>Garden Space 1:00 - 2:00pm</p> <p>Weekly Workout 2:30 - 3:30pm</p>	<p>14</p>

headspace Groups Term 1 March/April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Walk and talk 2 – 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>18</p> <p>Games Gang 3 – 4:30pm</p>	<p>19</p> <p>Food Explorers 11 – 1pm</p> <p>discovery college Course: Do You Hear What I Hear? (In Person) Westall Community Hub 10am - 3pm</p>	<p>20</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>21</p>
<p>24</p> <p>Walk and talk 2 - 3pm</p> <p>Ask a Careers Counsellor 3:30 – 4:30pm</p>	<p>25</p> <p>Echoes 1 – 2:30 pm</p> <p>Games Gang 3 – 4:30pm</p>	<p>26</p>	<p>27</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>28</p>
<p>31</p> <p>Walk and talk 2 - 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>1</p> <p>Games Gang 3 – 4:30pm</p>	<p>2</p> <p>Food Explorers 11 - 1pm</p>	<p>3</p> <p>Garden Space 1 – 2pm</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>4</p>

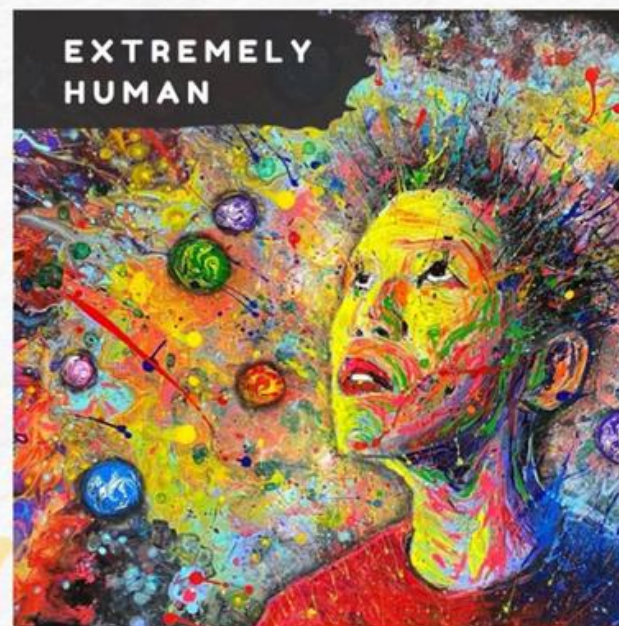
discovery college.



Courses, resources + content
about mental health + well-being.

It's free. It's for everyone.

Check out our website + timetable



**Check out our podcast
about different mental
health experiences**

