

What	Location	Details	Course length	Dates
Taking Charge of Your Own Health	headspace Bentleigh	This course brings people together to explore the roles and responsibilities we each have in our own well-being and share in a range of ideas and tools available.	1 session	Friday 4 May 12 – 4pm
Mindfulness	headspace Frankston	This course brings people together in a group-learning environment where they will experience a range of skills, techniques and ideas about how to live mindfully.	PART A 1 session PART B 3 sessions	PART A Thursday 3 May, 1 – 4pm PART B Thurs 10, 17, & 24 May, 1 - 3pm
In Someone Else's Shoes: Different ways of understanding	headspace Frankston	This course brings people together to explore many different ways of understanding theirs and other people's experiences in mental health.	1 session	Friday 18 May 10am – 4pm
Managing the Ripple Effect: Strategies for family, friends, and the health care team	headspace Bentleigh	This course brings people together to gain some new insights into being able to support ourselves and others through the challenges associated with mental health.	1 session	Wednesday 23 May 5.30 – 8.30pm
Breaking the Taboo: Giving a voice to the topic of suicide	headspace Bentleigh	This course brings people together in a safe place to share in the many views and perspectives around the topic of suicide. A space to consider how we might have more open, honest and compassionate conversations about a topic that we often feel unable to do so.	2 sessions	Tuesday 5 & Wednesday 6 June 1 – 4pm
Mind + Body: Nutrition	headspace Bentleigh	This course brings people together to examine the many different factors that contribute to how food makes us feel and the choices we make. Through this, we will also explore the connection between mental health and nutrition.	1 session	Thursday 7 June 11am – 2pm
What is it about Medication?	headspace Dandenong	This course brings people together to engage in an open dialogue about the role of medication in mental health. It will allow for a space to explore the experiences you have, or have had with medication.	1 session	Thursday 14 June 1 – 4pm
In Your Write Mind: exploring creative writing and recovery	headspace Bentleigh	This course brings people together to explore diverse perspectives and stories through writing. Together we can experience how writing can be a tool to develop a greater understanding of ourselves, others and mental health and wellbeing.	2 sessions	Monday 18 & 25 June 12 – 4pm
Breaking the Taboo: Giving a voice to the topic of suicide	The Corner Mornington	This course brings people together in a safe place to share in the many views and perspectives around the topic of suicide. A space to consider how we might have more open, honest and compassionate conversations about a topic that we often feel unable to do so.	2 sessions	Thursday 21 June & Friday 22 June 1 – 4pm