

Term 4 Groups Timetable

Monday October 5 – Friday December 18

WEEKLY WORKOUT (Mary/Maddi)

Small group class, all levels of fitness welcome,
go at your own pace!

Circuit style: different exercises each week
including resistance, balance and cardio training.

Lots of fun, whilst
improving your health, muscle & bone strength,
cognition and your mood.

FOOD EXPLORERS (Jack/Joe)

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.

GAMES GANG (Sam)

Join us for some multiplayer board games, trivia,
cards, and more...

Every three weeks Games Gang will be held at Boss
Boardgames in Moorabbin.

PICKLEBALL (Loren/Sam)

Pickleball is a fun and easy to learn racquet sport
that combines elements of tennis, table tennis
and badminton. It's a great way to improve
fitness, while building confidence, social
connections and overall wellbeing.

Held at Raya Pickleball Club in Cheltenham

WALK & TALK (Rotating Roster)

Join us for a leisurely walk local to headspace
Bentleigh.

A great opportunity to meet and connect with
other young people, staff, volunteers and peer
workers from headspace in a casual setting.

PEER SPACE (Matt/ Sean)

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.

PATHWAYS TO CONNECTION (Loren/Sam/Alice)

Learn how to navigate conversations, social
anxiety, make new friendships, and more in a safe
space. No pressure — just practice and
connection.

A welcoming group to build confidence, and
deepen connections.

WILD OUTDOOR ADVENTURE (Loren/Sam)

Take a break from the everyday life.
Join us for a gentle, uplifting rafting journey down
the Yarra River and stand up paddle boarding
experience.

Guided by facilitators at WILD.
No prior experience needed.

CLUB HOUSE (Emily – Salvation Army) [BY APPOINTMENT]

This group is a consultation space for young people
and/or case managers who have questions about
housing.

Speak with Emily – a Housing worker from Salvation
Army.

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
05 Walk and talk 2:00 – 3:00PM	06 Pickleball @Raya Pickleball Club 1:00-2:00PM Games Gang @Boss Boardgames 2:30-4:30PM	07 Food Explorers 11:00AM – 1:00PM	08 Weekly Workout 2:15-3:30PM	09
12 Walk and talk 2:00 – 3:00PM Peer Space 3:15 – 4:30PM	13 Pickleball @Raya Pickleball Club 1:00-2:00PM Games Gang 3:00-4:30PM	14	15 Weekly Workout 2:15-3:30PM Club House 2:30-4:30PM	16
19 Walk and talk 2:00 – 3:00PM	20 Do you Hear what I Hear? [In-person] @10:00-3:00pm Pickleball @Raya Pickleball Club 1:00-2:00PM Games Gang 3:00-4:30PM	21 Food Explorers 11:00AM– 1:00PM	22 Weekly Workout 2:15 – 3:30PM	23

OCTOBER/NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Walk and talk 2:00 – 3:00PM Peer Space 3:15 – 4:30PM	27 Pickleball @Raya Pickleball Club 1:00-2:00PM Games Gang @Boss Boardgames 2:30-4:30PM	28	29 Weekly Workout 2:15 – 3:30PM Club House 2:30-4:30PM Pathways to Connection 2:00-4:00PM	30
02 Walk and talk 2:00 – 3:00PM	03 PUBLIC HOLIDAY	04 Food Explorers 11:00AM – 1:00PM	05 Weekly Workout 2:15 – 3:30 PM Pathways to Connection 2:00-4:00PM	06
09 Walk and talk 2:00 – 3:00PM Peer Space 3:15 – 4:30PM	10 Pickleball @Raya Pickleball Club 1:00-2:00PM Games Gang 3:00-4:30PM	11	12 Weekly Workout 2:15 – 3:30PM Club House 2:30-4:30PM Pathways to Connection 2:00-4:00PM	13

NOVEMBER/DECEMBER



headspace

National Youth Mental Health Foundation

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16 Walk and talk 2:00 – 3:00PM	17 Pickleball @Raya Pickleball Club 1:00-2:00PM Games Gang @Boss Boardgames 2:30-4:30PM	18 Food Explorers 11:00AM – 1:00PM	19 Club House 2:30-4:30PM Pathways to Connection 2:00-4:00PM Weekly Workout 2:15 – 3:30PM	20
23 Walk and talk 2:00 – 3:00PM Peer Space 3:15 – 4:30PM	24 Pickleball @Raya Pickleball Club 1:00-2:00PM Games Gang 3:00-4:30PM	25	26 WILD River rafting outdoor adventure 10:00-4:00 PM No weekly workout	27
30 Walk and talk 2:00 – 3:00PM	01 Pickleball @Raya Pickleball Club 1:00-2:00PM Games Gang 3:00-4:30PM	02 Food Explorers 11:00AM- 1:00PM	03 WILD Stand up paddle boarding outdoor adventure 10:00-4:00 PM Club House 2:30-4:30PM Weekly Workout 2:30 – 3:30PM	04

DECEMBER

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