

Session plan

What	Details	Course length	Start date	Campus
Mindfulness	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.	4 sessions	Thursday 12, 19, 26 October & 2 November 1 – 3pm	headspace Frankston
Mindfulness	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.	4 sessions	Wednesday 1, 8, 15 and 22 November 4pm – 6pm	Chisholm Institute, Berwick Campus, Kangan Drive, Berwick
Making sense of your senses	This course brings people together to explore the relationship between our senses and mental health, giving you the opportunity to experiment with new options for self-care and build an awareness of how environments and external influence can impact us.	4 sessions	Wednesday 1, 8, 15 and 22 November 1:30 – 4:30pm	headspace Bentleigh
In Someone Else's Shoes: Different ways of understanding	This course brings people together to explore many different ways of understanding theirs and other people's experiences in mental health.	1 session	Friday 24 November 10am – 4pm	Alfred CYMHS Seminar Room
Communication, Assertiveness and Relationships	This course brings people together explore different ways to communicate and build relationships confidently within their lives.	3 sessions	Friday 27 October and 3, 10 November 1 – 4pm	headspace Bentleigh
Self and Identity	This course brings people together to engage in an open conversation about themes of identity. It allows a space to explore, learn, value and celebrate you.	3 sessions	Monday 16, 23 and 30 October 1 – 4pm	headspace Bentleigh
Taking the edge off: let's talk about drugs and alcohol	This course brings people together to engage in an open conversation about drugs, alcohol and mental health.	2 sessions	Wednesday 11 and 18 October 1 – 4pm	headspace Bentleigh
Taking the edge off: let's talk about drugs and alcohol	This course brings people together to engage in an open conversation about drugs, alcohol and mental health.	2 sessions	Friday 8 and 15 December 1 – 4pm	headspace Frankston

