

headspace Groups Term 4 October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Walk and talk 2 – 3pm	8 Games Gang 3 - 4:30pm	9 Food Explorers 11 - 1pm	10 Weekly Workout 2:30 – 3:30pm <u>In Someone Else's Shoes</u> Different perspectives on mental health Online 10am - 1pm	11
14 Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm	15 Games Gang 3 - 4:30pm	16	17 Garden Space 1-2pm Weekly Workout 2:30 – 3:30 pm	18
21 DBT Skills ** 12.30-2:00pm Walk and talk 2 - 3pm	22 Games Gang 3 - 4:30pm	23 Food Explorers 11 - 1pm	24 Garden Space 1-2pm Weekly Workout 2:30 – 3:30pm	25
discovery college	Peer Support Groups	Groups	Outings	Key ** Online Group

headspace Groups Term 4 October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Walk and talk 2 – 3pm	8 Games Gang 3 - 4:30pm	9 Food Explorers 11 - 1pm	10 Weekly Workout 2:30 – 3:30pm <u>In Someone Else's Shoes</u> Different perspectives on mental health Online 10am - 1pm	11
14 Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm	15 Games Gang 3 - 4:30pm	16	17 Garden Space 1-2pm Weekly Workout 2:30 – 3:30 pm	18
21 DBT Skills ** 12.30-2:00pm Walk and talk 2 - 3pm	22 Games Gang 3 - 4:30pm	23 Food Explorers 11 - 1pm	24 Garden Space 1-2pm Weekly Workout 2:30 – 3:30pm	25
discovery college	Peer Support Groups	Groups	Outings	Key ** Online Group

headspace Groups Term 4 October/November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 DBT Skills ** 12.30-2:00pm Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm	29 Echoes 1-2pm Games Gang 3 - 4:30pm	30 <u>Breaking the Taboo</u> Giving a voice to suicide Online 10am – 12.30pm	31 Garden Space 1-2pm Weekly Workout 2:30 – 3:30pm	1
4 DBT Skills ** 12.30-2:00pm Walk and talk 2 - 3pm	5 <u>PUBLIC HOLIDAY</u>	6 Food Explorers 11 - 1pm	7 FReeZA Music Studio 11:30 - 1:30pm Weekly Workout 2:30 – 3:30pm	8
11 DBT Skills ** 12.30-2:00pm Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm	12 Echoes 1-2pm Games Gang 3 - 4:30pm <u>Understanding Self-Harm</u> In Person 10am – 3pm	13	14 Garden Space 1-2pm Weekly Workout 2:30 – 3:30 pm	15
discovery college	Peer Support Groups	Groups	Outings	** Online Group

headspace Groups Term 4 November/December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 DBT Skills ** 12.30-2:00pm Walk and talk 2 - 3pm	19 Games Gang 3 - 4:30pm	20 Food Explorers 11 - 1pm	21 Garden Space 1-2 pm Weekly Workout 2:30 – 3:30pm	22
25 DBT Skills ** 12.30-2:00pm Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm	26 Echoes 1-2pm Games Gang 3 - 4:30pm	27	28 Melbourne Zoo 11 - 1pm Weekly Workout 2:30 – 3:30 pm	29
2 DBT Skills ** 12.30-2:00pm Walk and talk 2 - 3pm	3 Games Gang 3 - 4:30pm	4 Food Explorers 11 - 1pm	5 Garden Space 1-2pm Weekly Workout 2:30 – 3:30pm	6
discovery college	Peer Support Groups	Groups	Outings	Key ** Online Group

headspace Groups Term 4 December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9</p> <p>DBT Skills ** 12.30-2:00pm</p> <p>Walk and talk 2 - 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>10</p> <p>Echoes 1-2pm</p> <p>Games Gang 3 - 4:30pm</p>	<p>11</p>	<p>12</p>	<p>13</p>
<p>16</p> <p>Walk and talk 2 - 3pm</p>	<p>17</p> <p>Games Gang 3 - 4:30pm</p>	<p>18</p> <p>Food Explorers 11 - 1pm</p>	<p>19</p> <p>Garden Space 1-2pm</p> <p>Weekly Workout 2:30 – 3:30pm</p>	<p>20</p>
discovery college	Peer Support Groups	Groups	Outings	Key ** Offsite Group

DBT SKILLS

with Loren (she/her) & Sarah (she/her)

DBT skills group is a clinical group focussing on Dialectal Behaviour Therapy skills and strategies.

It is a closed group that requires referral from a headspace clinician. Please speak to your headspace mental health supports if you are interested in the DBT Skills group.

GARDENING GROUP

With Nikita (she/her) & Issy (she/her)

Get outside, meet like-minded people, learn some gardening tricks and eat yummy fresh herbs and veggies...
Unbe-leaf-able!!

PEER SPACE

with Paris (she/her) & Matt

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) & Jack (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

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) & Don (he/him)

Looking to level up or cure your 'board-om'?

Join us @ headspace Bentleigh for some multiplayer board games, video games, trivia, cards, 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, staff, volunteers and peer workers from headspace in a casual setting.

ECHOES

with Issy (she/her) & Katie (she/her)

Echoes is a supportive and safe space to connect with others who are also curious about experiences, sensations and beliefs that differ from others, and how we navigate these.

WEEKLY WORKOUT

with Mary (she/her) & Issy or Nikita (she/her)

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.

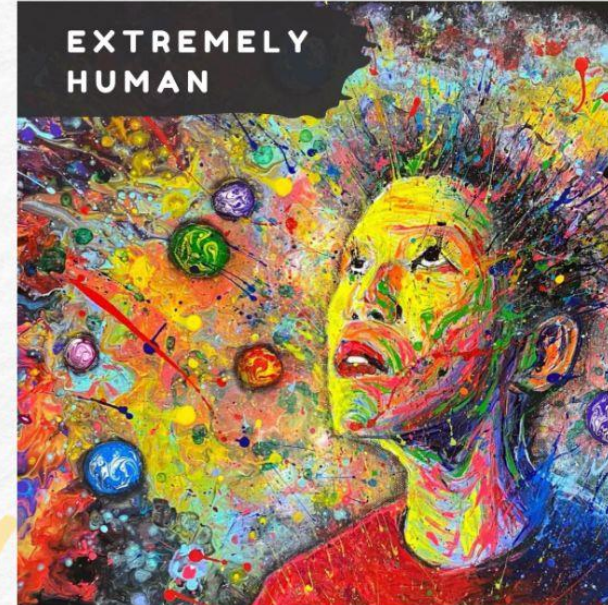
discovery college.



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**

