

headspace Groups

Spring holiday Program

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 Walk and talk 2:00 – 3:00 PM	22 Pickleball @ Raya Pickleball Club 1:00 – 2:00 PM	23	24 Beach Walk and Coffee 2:00 – 3:30 PM	25
28 Peer Space 3:15 – 4:30 PM	29 Nature Recharge @Port Phillip EcoCentre 1:00-3:30PM	30	01 Merryl's Mosaic 2:00- 4:30 PM <i>Sponsored by</i> <i>Dragonfly Music</i> <i>[RSVP by September</i> <i>28th]</i>	02
Peer Groups	Groups	Outings	Workshops	To RSVP please email: headspacegroups@alfred.org.au