

headspace Groups Term 1 2026

January / February



headspace
National Youth Mental Health Foundation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 PUBLIC HOLIDAY	27 Games Gang 3:00-4:30PM	28	29 Weekly Workout 2:30-3:30 PM	30
02 Walk and talk 2:00 – 3:00 PM Peer Space 3:15 – 4:30 PM	03 Pickleball @PicklePlay 1:00-2:00pm Games Gang 3:00-4:30PM	04 Food Explorers 11:00am – 1:00pm	05 Weekly Workout 2:30-3:30 PM	06
09 Walk and talk 2:00 – 3:00 PM	10 That Anxious Feeling 10:00am-12:00pm [Online] Games Gang 3:00-4:30PM	11	12 Echoes 12:30-2:00pm Weekly Workout 2:30 – 3:30 PM	13

February / March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 Walk and talk 2:00 – 3:00 PM Peer Space 3:15 – 4:30pm	17 Pickleball @PicklePlay 1:00-2:00pm ACT for Procrastination 3:00-4:30pm Games Gang 3:00-4:30PM	18 Food Explorers 11:00am – 1:00pm	19 Weekly Workout 2:30 – 3:30pm	20
23 Walk and talk 2:00 – 3:00 PM	24 ACT for Procrastination 3:00-4:30pm Games Gang @Boss Boardgames 2:30-4:30PM	25	26 Echoes 12:30-2:00pm Weekly Workout 2:30 – 3:30pm	27
02 Walk and talk 2:00 – 3:00 PM Peer Space 3:15 – 4:30pm	03 Making Sense of your Senses 10:00-12:00pm [Online] Pickleball @PicklePlay 1:00-2:00pm ACT for Procrastination 3:00-4:30pm Games Gang 3:00-4:30PM	04 Food Explorers 11:00am – 1:00pm	05 Weekly Workout 2:30 – 3:30pm	06

headspace Groups Term March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09 PUBLIC HOLIDAY	10 ACT for Procrastination 3:00-4:30pm Games Gang 3:00-4:30PM	11	12 Echoes 12:30-2:00pm Weekly Workout 2:30-3:30pm	13
16 Walk and talk 2:00 – 3:00 PM Peer Space 3:15 – 4:30pm	17 Pickleball @PicklePlay 1:00-2:00pm Games Gang 3:00-4:30PM	18 Do You Hear What I Hear? And Other Ways Of Thinking About Psychosis 10:00am-3:00pm [In-person] Food Explorers 11:00am – 1:00pm	19 Weekly Workout 2:30-3:30pm	20
23 Walk and talk 2:00 – 3:00 PM	24 Games Gang @Boss Boardgames 2:30-4:30PM	25	26 Echoes 12:30-2:00pm Weekly Workout 2:30-3:30pm	27

headspace Groups Term March/April



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Walk and talk 2:00 – 3:00 PM Peer Space 3:15 – 4:30pm	31 Pickleball @PicklePlay 1:00-2:00pm Games Gang 3:00-4:30PM	01 Food Explorers 11:00am – 1:00pm	02 Weekly Workout 2:30-3:30pm	03

More info about our groups

WEEKLY WORKOUT

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.

PICKLEBALL

Pickleball is a racquet sport that is easy to learn and play, making it perfect for all fitness levels and skill sets. Played on a smaller court, pickleball combines the best elements of tennis, table tennis, and badminton.

Held at PicklePlay in Bentleigh East!

PEER SPACE

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

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.

ECHOES

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.

GAMES GANG

Join us for some multiplayer board games, video games, trivia, cards, and more...
Monthly at our exciting new venue- Bossboard games in Moorabbin.

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.

ACT FOR PROCRASTINATION

Is procrastination getting in the way?
Acceptance Commitment Therapy (ACT) can help you learn to:

- call out the thoughts that drive procrastination
- stop being pulled about by unwanted thoughts and feelings
- do the things that really matter to you
 - get into life!

How to get involved?

Email: headspacegroups@alfred.org.au

Or

Call Recovery Groups coordinators
Loren (she/her): 0437 380 112