

headspace Groups Term 1 2026

January / February

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

February / March

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

headspace Groups Term March



headspace
National Youth Mental Health Foundation

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

headspace Groups Term March/April

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

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