

# headspace Groups Term 2 April/May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21</p> <p>PUBLIC HOLIDAY</p>	<p>22</p> <p>Games Gang 3 – 4:30 PM</p>	<p>23</p>	<p>24</p> <p>Weekly Workout 2:30-3:30 PM</p>	<p>25</p> <p>PUBLIC HOLIDAY</p>
<p>28</p> <p>Walk and talk 2 – 3 PM</p> <p>Peer Space 3:15 – 4:30 PM</p>	<p>29</p> <p>Games Gang 3 – 4:30 PM</p>	<p>30</p> <p>ACT (Acceptance Commitment Therapy) Age 12-15 years ONLINE ** Parent info session 5 PM</p>	<p>1</p> <p>Baytime Youth Program** ONLINE Intro session 2 – 3 PM</p> <p>Weekly Workout 2:30-3:30 PM</p>	<p>2</p>
<p>5</p> <p>DBT Skills ** 12:30 – 2PM</p> <p>Walk and talk 2 – 3 PM</p>	<p>6</p> <p>Games Gang 3 – 4:30 PM</p>	<p>7</p> <p>Food Explorers 11 - 1pm</p> <p>ACT 5PM – 6:30 PM</p>	<p>8</p> <p>Baytime Youth Program 1- 4 PM</p> <p>Weekly Workout 2:30 - 3:30 PM</p>	<p>9</p>

# May/June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12</p> <p>DBT Skills ** 12:30 – 2PM Walk and talk 2 – 3pm Peer Space 3:15 – 4:30pm</p>	<p>13</p> <p>Echoes 1 – 2:30pm  Games Gang 3 – 4:30pm</p>	<p>14</p> <p>ACT 5PM – 6:30 PM</p>	<p>15</p> <p>Baytime Youth Program 1 – 4 PM  Weekly Workout 2:30 – 3:30pm</p>	<p>16</p>
<p>19</p> <p>DBT Skills ** 12:30 – 2PM Walk and talk 2 – 3pm  Ask a Careers Counsellor 230-4PM</p>	<p>20</p> <p>Games Gang 3 – 4:30pm</p>	<p>21</p> <p>Food Explorers 11 – 1pm  ACT 5PM – 6:30 PM</p>	<p>22</p> <p>Baytime Youth Program 1- 4 PM  Weekly Workout 2:30 – 3:30pm</p>	<p>23</p>
<p>26</p> <p>DBT Skills ** 12:30 – 2PM Walk and talk 2 – 3pm Peer Space 3:15 – 4:30pm</p>	<p>27</p> <p>Echoes 1 – 2:30pm  Games Gang 3 – 4:30pm</p>	<p>28</p> <p>ACT 5PM – 6:30 PM</p>	<p>29</p> <p>Discovery College ONLINE: What is it about Medication? 10am - 1pm Baytime Youth Program 1- 4 PM Weekly Workout 2:30 – 3:30pm</p>	<p>30</p>

# headspace Groups Term 2 June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>DBT Skills ** 12:30 – 2PM Walk and talk 2 – 3pm</p>	<p>3</p> <p>Games Gang 3 – 4:30pm</p>	<p>4</p> <p>Food Explorers 11 – 1pm</p>	<p>5</p> <p>Baytime Youth Program 1- 4 PM Weekly Workout 2:30-3:30pm</p>	<p>6</p>
<p>9</p> <p>PUBLIC HOLIDAY</p>	<p>10</p> <p>Echoes 1 – 2:30 pm Games Gang 3 – 4:30pm</p>	<p>11</p>	<p>12</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>13</p>
<p>16</p> <p>DBT Skills ** 12:30 – 2PM Walk and talk 2 – 3pm Peer Space 3:15 – 4:30pm</p>	<p>17</p> <p>Games Gang 3 – 4:30pm</p>	<p>18</p> <p>Food Explorers 11 – 1pm</p>	<p>19</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>20</p>

# headspace Groups Term 2 June/July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>23</b></p> <p><b>DBT Skills **</b> <b>12:30 – 2PM</b></p> <p>Walk and talk 2 – 3pm</p> <p>Ask a Careers Counsellor 230-4pm</p>	<p><b>24</b></p> <p><b>Echoes</b> <b>1 – 2:30 pm</b></p> <p>Games Gang 3 – 4:30pm</p>	<p><b>25</b></p> <p><b>ACT Post check in session</b> <b>5PM – 6:30 PM</b></p>	<p><b>26</b></p> <p><b>Weekly Workout</b> <b>2:30-3:30pm</b></p>	<p><b>27</b></p>
<p><b>30</b></p> <p><b>DBT Skills **</b> <b>12:30 – 2PM</b></p> <p>Walk and talk 2 – 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p><b>1</b></p> <p>Games Gang 3 – 4:30pm</p>	<p><b>2</b></p> <p>Food Explorers 11 – 1pm</p>	<p><b>3</b></p> <p>Weekly Workout 2:30-3:30pm</p>	<p><b>4</b></p>

# More info about our groups

## ACT GROUP

*With Jeremy (he/him) & Jack (he/him)*

ACT (Acceptance and Commitment Therapy) helps people work with difficult emotions and feel positive changes. This is a group for young people who are going through similar struggles and to develop coping skills – in an environment where you can grow and thrive in an engaging and fun way!

## BAYTIME YOUTH PROJECT

*With Loren (she/her), Nikita (she/her) & Issy (she/her)*

A five-week program for youth to learn and connect with the unique landscape around Port Philip Bay as part of their mental health recovery. Activities include identifying and planting local flora, visiting the Fairy Penguins at St Kilda Pier, learning about migratory species, exploring the rockpools at Rickett's Point and more!

## 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

*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.

## ECHOES

*with Issy (she/her) & Loren (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.

## GAMES GANG

*With Issy (she/her) & Don (he/him)*

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

## 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.

## DBT SKILLS

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

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

It is a closed group that requires referral from a headspace clinician.

## 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.