

# Term 2 Groups Timetable

Monday April 20 – Friday June 26

## 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!

## CREATE AND CONNECT

A drop-in space for people to explore creative projects. Bring your own project or start one in the group.

We will supply materials on the day. Create and Connect encourages self-expression, relaxation, and connection while making something unique to take home.

## 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.

## 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.

## DIALECTICAL BEHAVIOUR THERAPY (DBT)

This is an 8-week online skills group. It is designed for those who are interested in building skills to better understand themselves, strengthen their emotional wellbeing, and navigate challenges such as managing strong emotions, impulsive reactions, and relationships.

## 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.

## GAMES GANG

Join us for some multiplayer board games, video games, trivia, cards, and more...

Every 3 weeks Games Gang will be held at Boss Boardgames 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.

# headspace Groups Term 2 2026

## April/ May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20</p> <p>Walk and talk 2:00 – 3:00 PM</p>	<p>21</p> <p>Pickleball @PicklePlay 1:00-2:00pm</p> <p>Games Gang 3:00-4:30PM</p>	<p>22</p> <p>Food Explorers 11:00am – 1:00pm</p>	<p>23</p> <p>Weekly Workout 2:30-3:30 PM</p>	<p>24</p>
<p>27</p> <p>Walk and talk 2:00 – 3:00 PM</p> <p>Peer Space 3:15 – 4:30 PM</p>	<p>28</p> <p>Games Gang @Boss Boardgames 2:30-4:30PM</p>	<p>29</p>	<p>30</p> <p>Weekly Workout 2:30-3:30 PM</p> <p>Create and Connect [Drop-in Space] 3:45-5:00pm</p>	<p>01</p>
<p>04</p> <p>DBT 12:30-2:00pm [Online]</p> <p>Walk and talk 2:00 – 3:00 PM</p>	<p>05</p> <p>Pickleball @PicklePlay 1:00-2:00pm</p> <p>Games Gang 3:00-4:30PM</p>	<p>06</p> <p>Food Explorers 11:00am – 1:00pm</p>	<p>07</p> <p>Echoes 12:30-2:00pm</p> <p>Weekly Workout 2:30 - 3:30 PM</p>	<p>08</p>

# May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11</p> <p>DBT 12:30-2:00pm [Online]</p> <p>Walk and talk 2:00 – 3:00 PM</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>12</p> <p>Games Gang 3:00-4:30PM</p>	<p>13</p>	<p>14</p> <p>Weekly Workout 2:30 – 3:30pm</p> <p>Create and Connect [Drop-in Space] 3:45-5:00pm</p>	<p>15</p>
<p>18</p> <p>DBT 12:30-2:00pm [Online]</p> <p>Walk and talk 2:00 – 3:00 PM</p>	<p>19</p> <p>Pickleball @PicklePlay 1:00-2:00pm</p> <p>Games Gang @Boss Boardgames 2:30-4:30PM</p>	<p>20</p> <p>Food Explorers 11:00am – 1:00pm</p>	<p>21</p> <p>Echoes 12:30-2:00pm</p> <p>Weekly Workout 2:30 – 3:30pm</p>	<p>22</p>
<p>25</p> <p>DBT 12:30-2:00pm [Online]</p> <p>Walk and talk 2:00 – 3:00 PM</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>26</p> <p>Games Gang 3:00-4:30PM</p>	<p>27</p>	<p>28</p> <p>Taking the edge off [Online] 2:00-5:00pm</p> <p>Weekly Workout 2:30 – 3:30pm</p> <p>Create and Connect [Drop-in Space] 3:45-5:00pm</p>	<p>29</p>

# June



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>01</p> <p>DBT 12:30-2:00pm [Online]</p> <p>Walk and talk 2:00 – 3:00 PM</p>	<p>02</p> <p>Pickleball @PicklePlay 1:00-2:00pm</p> <p>Games Gang 3:00-4:30PM</p>	<p>03</p> <p>Food Explorers 11:00am – 1:00pm</p>	<p>04</p> <p>Echoes 12:30-2:00pm</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>05</p>
<p>08</p> <p><b>PUBLIC HOLIDAY</b></p>	<p>09</p> <p>Games Gang @Boss Boardgames 2:30-4:30PM</p>	<p>10</p>	<p>11</p> <p>Weekly Workout 2:30-3:30pm</p> <p>Create and Connect [Drop-in Space] 3:45-5:00pm</p>	<p>12</p>
<p>15</p> <p>DBT 12:30-2:00pm [Online]</p> <p>Walk and talk 2:00 – 3:00 PM</p>	<p>16</p> <p>Pickleball @PicklePlay 1:00-2:00pm</p> <p>Games Gang 3:00-4:30PM</p>	<p>17</p> <p>Food Explorers 11:00am – 1:00pm</p>	<p>18</p> <p>Echoes 12:30-2:00pm</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>19</p>

# June

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