

headspace Groups Term 3 July/ August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21</p> <p>Walk and talk 2 – 3 PM</p>	<p>22</p> <p>Games Gang 3 – 4:30 PM</p>	<p>23</p> <p>Food Explorers 11 – 1pm</p>	<p>24</p> <p>Weekly Workout 2:30-3:30 PM</p>	<p>25</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>Echoes 1 – 2:30pm</p> <p>Games Gang 3 – 4:30 PM</p>	<p>30</p>	<p>31</p> <p>Weekly Workout 2:30-3:30 PM</p>	<p>1</p>
<p>4</p> <p>Walk and talk 2 – 3 PM</p>	<p>5</p> <p>Games Gang 3 – 4:30 PM</p>	<p>6</p> <p>Food Explorers 11 – 1pm</p>	<p>7</p> <p>Weekly Workout 2:30 – 3:30 PM</p>	<p>8</p>

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11</p> <p>Walk and talk 2 – 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>12</p> <p>Echoes 1 – 2:30pm</p> <p>Games Gang 3 – 4:30pm</p>	<p>13</p>	<p>14</p> <p>Weekly Workout 2:30 – 3:30pm</p>	<p>15</p>
<p>18</p> <p>Walk and talk 2 – 3pm</p> <p>Ask a Careers Counsellor 230-4PM</p>	<p>19</p> <p>Games Gang 3 – 4:30pm</p>	<p>20</p> <p>Food Explorers 11 – 1pm</p>	<p>21</p> <p>Art of Connection 1-2:15 PM</p> <p>Weekly Workout 2:30 – 3:30pm</p> <p>Tuh-MAY-toh/ Tuh-MAH-toh : Different perspectives on spirituality in mental health [Online] 2 – 4:30pm</p>	<p>22</p>
<p>25</p> <p>Walk and talk 2 – 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>26</p> <p>Echoes 1 – 2:30pm</p> <p>Games Gang 3 – 4:30pm</p>	<p>27</p>	<p>28</p> <p>Art of Connection 1-2:15 PM</p> <p>Weekly Workout 2:30 – 3:30pm</p>	<p>29</p>

headspace Groups Term September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Walk and talk 2 – 3pm	2 Games Gang 3 – 4:30pm	3 Food Explorers 11 – 1pm	4 Art of Connection 1-2:15 PM Weekly Workout 2:30-3:30pm	5
8 Walk and talk 2 – 3pm Peer Space 3:15 – 4:30pm	9 Echoes 1 – 2:30 pm Games Gang 3 – 4:30pm	10	11 Art of Connection 1-2:15 PM Weekly Workout 2:30-3:30pm	12
15 Walk and talk 2 – 3pm	16 Games Gang 3 – 4:30pm	17 Food Explorers 11 – 1pm	18 Weekly Workout 2:30-3:30pm	19

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.

ART OF CONNECTION

A welcoming group to explore social skills, build
confidence, and deepen connections through
guided discussions and interactive activities.
Learn how to navigate conversations, manage
relationships, social anxiety, and more in a safe
space. No pressure — just practice and connection.

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.

Tuh-MAY-toh / Tuh-MAH-toh

An online learning space with discovery college
exploring the big question: *How do spirituality and
mental health connect?*

We'll hear from a range of voices with different
perspectives and life experiences. Together, we'll
explore how spirituality—whatever that word
means to you—might relate to how we think, feel,
and heal.

How to get involved?

Email: headspacegroups@alfred.org.au

Or

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