

headspace Groups Term 4

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Walk and talk 2 - 3pm Cross Cultural Connections 3:30 – 4:15pm	3	4 Food Explorers 11 - 1pm	5 Weekly Workout 2 - 3 pm Prism	6
9 Walk and talk 2 - 3pm Peer Space 3:30 – 4:30pm	10 Games Gang 3 - 4:30pm	11	12 Weekly Workout 2 - 3 pm	13
16 Walk and talk 2 - 3pm Cross Cultural Connections 3:30 – 4:15pm	17	18 Food Explorers 11 - 1pm	19 Weekly Workout 2 - 3 pm Prism	20
23 Walk and talk 2 - 3pm Peer Space 3:30 – 4:30pm	24 Games Gang 3 - 4:30pm	25	26 DBT Skills ** 1 – 2:30pm Weekly Workout 2 - 3 pm	27 SATURDAY 28TH <u>Taking the Edge Off</u> <i>Discovery College</i> 10-3 PM @ Danny Frawley Center For Health & Wellbeing Moorabbin
discovery college	Peer Support Groups	Groups	Committees	Key ** Online Group

headspace Groups Term 4

October/November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Walk and talk 2 - 3pm Cross Cultural Connections 3:30 – 4:15pm	31	1 Food Explorers 11 - 1pm	2 DBT Skills ** 1 – 2:30pm Weekly Workout 2 - 3 pm Prism	3
6 Walk and talk 2 - 3pm Peer Space 3:30 – 4:30pm	7 Games Gang 3 - 4:30pm	8	9 DBT Skills ** 1 – 2:30pm Weekly Workout 2 - 3 pm	10
13 Walk and talk 2 - 3pm Cross Cultural Connections 3:30 – 4:15pm	14	15 Food Explorers 11 - 1pm	16 DBT Skills ** 1 – 2:30pm Weekly Workout 2 - 3 pm Prism	17
20 Walk and talk 2 - 3pm Peer Space 3:30 – 4:30pm	21 Games Gang 3 - 4:30pm	22	23 DBT Skills ** 1 – 2:30pm Weekly Workout 2 - 3 pm	24
discovery college	Peer Support Groups	Groups	Committees	Key ** Online Group

headspace Groups Term 4 November/December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Walk and talk 2 - 3pm Cross Cultural Connections 3:30 – 4:15pm	28	29 Food Explorers 11 - 1pm	30 DBT Skills ** 1 – 2:30pm Weekly Workout 2 - 3 pm Prism	1
4 Walk and Talk 2 - 3pm Peer Space 3:30 – 4:30pm	5 Games Gang 3 - 4:30pm	6	7 DBT Skills ** 1 – 2:30pm Weekly Workout 2 - 3 pm	8
11 Walk and talk 2 - 3pm Cross Cultural Connections 3:30 – 4:15pm	12	13 Food Explorers 11 - 1pm	14 DBT Skills ** 1 – 2:30pm Weekly Workout 2 - 3 pm Prism	15
18 Walk and Talk 2 - 3pm Peer Space 3:30 – 4:30pm	19 Games Gang 3 - 4:30pm	20	21 Weekly Workout 2 - 3 pm	22
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PRISM

with Chris (he/him)

Your local LGBTIQ+ Peer Support space! We have chats, we play games, but most of all we support each other to be ourselves. It is okay to ask questions. Your feelings and experiences are valid!

DBT Skills

with Loren (she/her) & Sarah (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. Please speak to your headspace mental health supports if you are interested in the DBT Skills group.

PEER SPACE

with Ryannah (she/her) & Cam (he/him)

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) & Tess (she/her)

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.

discovery college

discovery college create & run free courses about mental health and wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn.

Contact Claire on 0407 861 205 or visit:
discovery.college
@discoverycollegeconnect

GAMES GANG

With Issy (she/her) & Louisa (she/her)

Looking to level up or cure your 'board-om'?

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

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.

CROSS CULTURAL CONNECTIONS

with Mike (he/him)

Ever felt like you are having a cultural clash? Feeling a bit different or excluded? Do you or one of your parents speak a language other than English at home?

Or something else similar? Join our new cultural and linguistically diverse peer support group. A safe and relaxed space where we can connect, unpack, share, and support each other through these experiences.

WEEKLY WORKOUT

with Mary (she/her) & Issy (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.