

headspace Groups Term 3

July/August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 Walk and talk 2 - 3pm	16 Games Gang 3 - 4:30pm	17 <u>Taking the edge off: let's talk about drugs and alcohol</u> 10am – 1pm (Online)	18 Life & Living Skills 11:00 am – 1:30 pm Weekly Workout 2:30 – 3:30 pm	19
22 Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm	23 <u>Canvas creation Session</u> 1-2:30pm Games Gang 3 - 4:30pm	24 Food Explorers 11 - 1pm Music therapy** 3 - 4:30pm @ Bentleigh Youth Hub	25 Life & Living Skills 11:00 am – 1:30 pm Weekly Workout 2:30 – 3:30 pm	26
29 Walk and talk 2 - 3pm	30 Games Gang 3 - 4:30pm	31 Music therapy** 3 - 4:30pm @ Bentleigh Youth Hub	1 Life & Living Skills 11:00 am – 1:30 pm Weekly Workout 2:30 – 3:30 pm	2
5 Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm	6 Games Gang 3 - 4:30pm	7 Food Explorers 11 - 1pm Music therapy** 3 - 4:30pm @ Bentleigh Youth Hub	8 Life & Living Skills 11:00 am – 1:30 pm Weekly Workout 2:30 – 3:30 pm	9

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Peer Support Groups

Groups

Programs



Key ** Offsite Group

headspace Groups Term 3

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12</p> <p>Walk and talk 2 - 3pm</p>	<p>13</p> <p>Games Gang 3 - 4:30pm</p>	<p>14</p> <p>Music therapy** 3 - 4:30pm @ Bentleigh Youth Hub</p>	<p>15</p> <p>Life & Living Skills 11:00 am – 1:30 pm</p> <p>Weekly Workout 2:30 – 3:30 pm</p>	<p>16</p>
<p>19</p> <p>Walk and talk 2 - 3pm</p> <p>Peer Space 3:15 – 4:30pm</p> <p>Brain training 3 - 4:30pm</p>	<p>20</p> <p>Games Gang 3 - 4:30pm</p>	<p>21</p> <p>Food Explorers 11 - 1pm</p> <p>Music therapy** 3 - 4:30pm @ Bentleigh Youth Hub</p>	<p>22</p> <p>Life & Living Skills 11:00 am – 1:30 pm</p> <p>Weekly Workout 2:30 – 3:30 pm</p>	<p>23</p>
<p>26</p> <p>Walk and talk 2 - 3pm</p> <p>Brain training 3 - 4:30pm</p>	<p>27</p> <p>Games Gang 3 - 4:30pm</p>	<p>28</p> <p>Music therapy** 3 - 4:30pm @ Bentleigh Youth Hub</p>	<p>29</p> <p>Weekly Workout 2:30 – 3:30 pm</p>	<p>30</p>
discovery college	Peer Support Groups	Groups	Programs	Key ** Offsite Group

headspace Groups Term 3 – September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm Brain training 3 - 4:30pm	3 Games Gang 3 - 4:30pm	3 Food Explorers 11 - 1pm	4 Weekly Workout 2:30 – 3:30 pm	5
8 Walk and talk 2 - 3pm Brain training 3 - 4:30pm	9 Games Gang 3 - 4:30pm	10	11 Weekly Workout 2:30 – 3:30 pm	12
15 Walk and talk 2 – 3pm Peer Space 3:15 – 4:30pm Brain training 3 - 4:30pm	16 Games Gang 3 - 4:30pm	17 Food Explorers 11 – 1pm	18 Weekly Workout 2:30 – 3:30 pm <u>What is it about Medication?</u> 10-1pm (Online)	19
22 Walk and talk 2 - 3pm Brain training 3 - 4:30pm	23 Games Gang 3 - 4:30pm	24	25 Weekly W 2:30 – 3	26

BRAIN TRAINING

with Jacquie (*she/her*) & Lauren (*she/her*)

Are you linked to the headspace Early Psychosis service and having difficulties with attention and memory? Then this group might be for you! It aims to teach strategies to help improve these thinking skills. Speak to your case manager about referral today!

LIFE & LIVING SKILLS

Live your best life

Engage, learn, grow and feel inspired. A seven-week program to prepare you with skills for what life throws your way.

Master chef cooking competition included.

PEER SPACE

with Indi (*she/her*) & Paris

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.

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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](https://www.instagram.com/discoverycollegeconnect)

GAMES GANG

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

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.

MUSIC THERAPY

(with Hilary (*she/her*) and Loren (*she/her*)
Supported by DRAGONFLY music group

Venue: Bentleigh Youth Hub

Are you a music lover?
Join us for a 6 -week music therapy experience!
Facilitated by a professional music therapist.
Music therapy can help to reduce stress, improve mood expression and more.....

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.

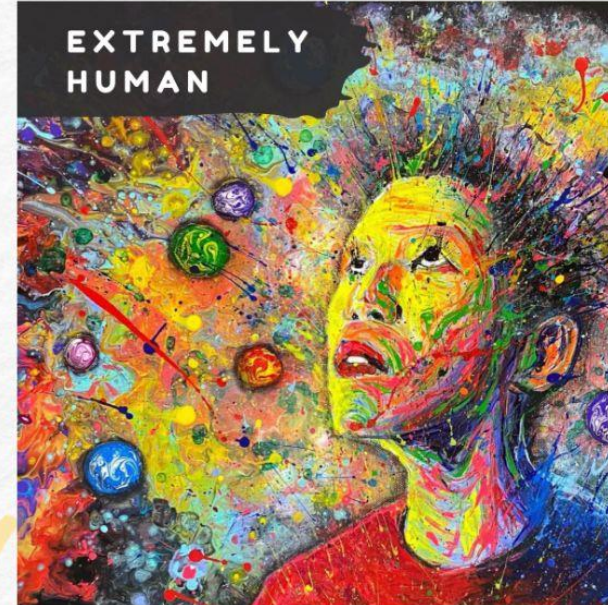
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Courses, resources + content
about mental health + well-being.

It's free. It's for everyone.

Check out our website + timetable



**Check out our podcast
about different mental
health experiences**

