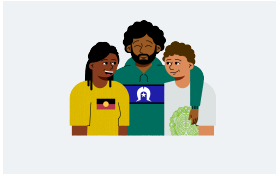


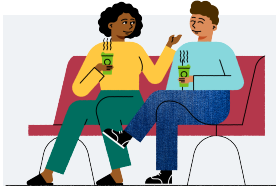
# Group Programs

Here are just a few of the group programs on offer at headspace Frankston - to find out more, call the office on 9769 6419



## Aboriginal Health Team Group Programs

These programs are designed and delivered to meet the needs of Koorie young people in the community. Through activities such as cooking, art and yarning circles, this embeds cultural understanding and community connections.



## Brief Intervention Clinic (BIC)

BIC is an innovative treatment model, comprised of eight modules, aiming to promote quick access to evidence-based interventions for young people presenting with early signs of mental disorders.



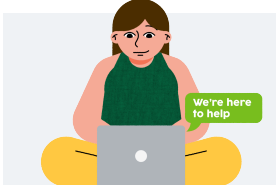
## Peninsula Pride

Peninsula Pride, a Queer Straight Alliance (QSA) Youth Program, provides support for young people who identify as LGBTIQA+. This includes social groups, activities and events which allow young people to connect with others with similar lived experience.



## Tuning into Teens (TINT)

TINT is a 6 session course that helps parents recognise, understand and respond to their teenager's emotions. This will help to support young people to express their emotions in healthy and positive ways and let parents connect with other parents.



## Group Chats - Weekly

Group chats allow you to connect with others about the same topics every week, including relationships, coping and how to support others. Head to <https://headspace.org.au/online-and-phone-support/join-the-community/chats-by-peers/> to find out



## Group Chats - Monthly

These are specialised sessions that allow you to speak anonymously online to our mental health professionals. To find out more, head to <https://headspace.org.au/online-and-phone-support/join-the-community/chats-by-professionals/>