

# headspace Gosford Groups Term 3

## Walking Group 3:30-4:30

Wednesday, ongoing  
2<sup>nd</sup> August, 16<sup>th</sup> August, 30<sup>th</sup> August  
& 13<sup>th</sup> September

Evidence shows walking can increase mental health alertness, energy and mood, prevent depression and anxiety, improve happiness and self-esteem, reduce coronary disease, and reduce blood sugar and pressure. The aim of our walking group is to help young people improve their overall health.

## Social Group Under 18's & Over 18's 3:30-4:30

Monthly Group Mondays,  
ongoing  
Under 18's:  
Mon 21<sup>st</sup> Aug & 18<sup>th</sup> Sept  
Over 18's:  
Mon 7<sup>th</sup> Aug & 4<sup>th</sup> Sept

Social Group is a safe and confidential space to be yourself and connect and have fun with other young people your age. Some activities we can run include: rock painting, chalk drawing, painting, colouring, board games, movies and film, gardening, writing group, cards, trivia and minute to win it.

## Stress & Procrastination Under 18's & 18-25's

Group Workshop  
Under 18's:  
Wed 26<sup>th</sup> July @ 3:30-4:30  
Tues 29<sup>th</sup> Aug @ 3:30-4:30  
Over 18's:  
Fri 28<sup>th</sup> July @ 1:00-2:00  
Tues 12<sup>th</sup> Sept @ 3:30-4:30

Our 'Maybe Later' one off workshop helps us to understand what procrastination is, what fear and stress responses are, and skills / tips to help us manage them.

## Relationships & Conflict Under 18's & 18-25's

Group Workshop  
Under 18's:  
Wed 9<sup>th</sup> Aug @ 3:30-4:30  
Tues 5<sup>th</sup> Sept @ 3:30-4:30  
Over 18's:  
Fri 11<sup>th</sup> Aug @ 1:00-2:00  
Thurs 31<sup>st</sup> Aug @ 3:30-4:30  
Tues 19<sup>th</sup> Sept @ 3:30-4:30

This one off workshop aims to help young people understand and manage conflict in relationships by exploring what is conflict and anger and how we manage our emotional responses and help repair with communication.

## UpSkill Workshop

Distress Tolerance

Over 18s

1:00-4:00

Group Workshop

Thurs 24<sup>th</sup> Aug

Distress tolerance refers to our ability to survive an emotional crisis without getting completely overwhelmed.

What to expect: Learning about what happens in your brain when you experience extreme emotion, practical tools and skills to improve your distress tolerance, interactive activities, and snacks. The workshop is not “group therapy”- you won’t have to share anything personal with other attendees.

## Emotion Regulation

Over 18s

1:00-4:00

Group Workshop

Thurs 21<sup>st</sup> Sept

Emotion Regulation refers to our ability to manage feelings rather than be controlled by them.

What to expect: learn to understand emotions, skills to help manage emotions, reduce vulnerability to difficult emotions, build positive emotional experiences, interactive activities, and snacks. The workshop is not “group therapy”- you won’t have to share anything personal with other attendees.

## Youth Reference

Group

via Zoom

ages 16 – 25

3:30 – 4:30

Monthly Group Tuesdays,  
ongoing

Tues 15<sup>th</sup> Aug

Tues 19<sup>th</sup> Sept

The Youth Reference Group is a group of 16-25 year olds that meet once a month via zoom. The group is a safe space for young people to have their say and consult on the youth friendly practice of our Central Coast Headspace sites. Group members can have the opportunity to sit on interview panels for hiring new staff, assisting with events and helping with media and projects.

## Sensory Group

@ LAKE HAVEN

3:30-4:30

Weekly Group Wednesdays

for 4 weeks

Wed 2<sup>nd</sup> - Wed 23<sup>rd</sup> Aug

A four-week program to learn about each of the senses, learn how to use them for regulation, and create your own Sensory Box!

## R.A.G.E

males aged 14-17

@ LAKE HAVEN

3:00-4:30

Weekly Group Thursdays

for 6 weeks

Thurs 17<sup>th</sup> Aug - Thurs 21<sup>st</sup> Sept

R.A.G.E is a group program which has a hands on, practical, and (most importantly) fun, approach to teaching young people how to manage and express their anger in a healthy way. The topics covered in R.A.G.E include: ‘The Many Faces of Anger’, ‘The 4T’s Anger Cycle’, ‘Healthy Expressions of Anger’, ‘Getting Through the Guilt of Anger’, and ‘Relaxation, Exercise and Diet