

headspace Lake Haven Groups Term 3

Walking Group 3:30-4:30

Lake Haven – ongoing
Tues 1st & 29th Aug
Tues 19th Sept

Wyong – fortnightly, ongoing
Wed 26th July, Wed 9th, 23rd Aug
Wed 6th Sept

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 31st July & 28th Aug
Over 18's:
Mon 21st Aug & 18th 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:
Fri 8th Sept @ 3:30-4:30
Over 18's:
Thurs 3rd Aug @ 12:00-1:00
Wed 30th Aug @ 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:
Thurs 10th Aug @ 3:30-4:30
Wed 13th Sept @ 3:30-4:30
Over 18's:
Thurs 27th July @ 12:00-1:00
Wed 6th 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 18
1:00-4:00

Group Workshop
Tues 8th 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.

Emotional Regulation
Over 18
1:00-4:00

Group Workshop
Mon 4th Sept

Emotional 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 15th Aug
Tues 19th 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
3:30-4:30

Weekly Group Wednesdays
for 4 weeks
Wed 2nd - Wed 23rd 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
3:00-4:30

Weekly Group Thursdays
for 6 weeks
Thurs 17th Aug - Thurs 21st 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’