

# headspace Platform Groups Term 3 2023

In addition to 1 on 1 support, our groups are an important part of our service. We encourage young people to try our groups to learn some new skills. If you are interested in a group coming up in Term 3 or would like more information please speak with your headspace clinician via calling Gosford (02) 4304 7870, Lake Haven (02) 4394 9100 and Wyong (02) 4394 9180. Please note to attend a group all young people must be referred via their headspace clinician and a consent form is required for Young People under 16.

## Social Group over 18s/under 18s

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.

## Walking Group All Ages

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.

## Return to School Workshop 12-17

Get a Head Start with our Back to School Workshop. A workshop designed to assist young people with transitioning to their next school term. Looking at how to manage nerves, communication skills, and self-care and staying organised and preparing for your first day back.

## Sensory Group 12-17

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

## Stress and Procrastination over 18s/under 18s

Our Maybe Later Workshop one off workshop helps to understand what is procrastination, what are our fear and stress responses are and skills / tips to manage.

## Relationships and Conflict over 18s/under 18s

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

## DBT-Distress Tolerance Workshop

Distress tolerance refers to our ability to survive an emotional crisis without getting completely overwhelmed. While everyone struggles with this from time to time, if you find yourself "losing it" a lot when emotions run high, and maybe resorting to destructive behaviours that make things worse, you might benefit from some more skills to help you out.

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.

## RAGE 14-17 Males

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'

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Monday 24 <sup>th</sup> July	Tuesday 25 <sup>th</sup>	Wednesday 26 <sup>th</sup> Stress/ Procrastination under 18s Gosford 330-430 Walking Group- Wyong 330-430	Thursday 27 <sup>th</sup> Relationships and Conflict Lake Haven over 18s 12-1	Friday 28 <sup>th</sup> Stress/ Procrastination Gosford 1-2 Over 18s
Monday 31 <sup>st</sup> Lake Haven Social Group under 18s 330-430 DBT Workshop 12:30-4pm	Tuesday 1 <sup>st</sup> August Walking Group- Lake Haven 330-430	Wednesday 2 <sup>nd</sup> Sensory Group- Lake Haven 330-430 Walking Group- Gosford 330-430	Thursday 3 <sup>rd</sup> Stress/ Procrastination Lake Haven over 18s 12-1	Friday 4 <sup>th</sup>
Monday 7 <sup>th</sup> Gosford Social Group 18-25 330-430	Tuesday 8 <sup>th</sup>	Wednesday 9 <sup>th</sup> Sensory Group- Lake Haven 330-430 Relationships and Conflict Gosford under 18s 330-430 Walking Group- Wyong 330-430	Thursday 10 <sup>th</sup> Relationships and Conflict Lake Haven over 18s 330-430	Friday 11 <sup>th</sup> Relationships and Conflict Gosford over 18s 1-2
Monday 14 <sup>th</sup>	Tuesday 15 <sup>th</sup> Youth Reference Group-Zoom 16-25 330-430	Wednesday 16 <sup>th</sup> Sensory Group- Lake Haven 330-430 Walking Group- Gosford 330-430	Thursday 17 <sup>th</sup> Rage Lake Haven 14-17 males 330-430	Friday 18 <sup>th</sup>
Monday 21 <sup>st</sup> Lake Haven Social Group 18-25 330-430 Gosford Social Group under 18s 330-430	Tuesday 22 <sup>nd</sup>	Wednesday 23 <sup>rd</sup> Sensory Group- Lake Haven 330-430 Walking Group- Wyong 330-430	Thursday 24 <sup>th</sup> Rage Lake Haven 14-17 males 330-430	Friday 25 <sup>th</sup>
Monday 28 <sup>th</sup> Lake Haven Social Group under 18s 330-430	Tuesday 29 <sup>th</sup> Stress/ Procrastination Gosford under 18s 330-430	Wednesday 30 <sup>th</sup> Stress/ Procrastination Lake Haven 330-430 Over 18S	Thursday 31 <sup>st</sup> Rage Lake Haven 14-17 males 330-430	Friday 1 <sup>st</sup> September

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	<b>Walking Group- Lake Haven 330-430</b>		<b>Relationships and Conflict Gosford 330-430 Over 18S</b>	
<b>Monday 4<sup>th</sup></b> <b>Gosford Social Group 18-25 330-430</b>	<b>Tuesday 5<sup>th</sup></b> <b>Relationships and Conflict Gosford under 18s 330-430</b>	<b>Wednesday 6<sup>th</sup></b> <b>Relationships and Conflict Lake Haven 330-430 Over 18S</b> <b>Walking Group- Wyong 330-430</b>	<b>Thursday 7<sup>th</sup></b> <b>Rage Lake Haven 14-17 males 330-430</b> <b>Walking Group- Wyong 330- 430</b>	<b>Friday 8<sup>th</sup></b> <b>Stress/ Procrastination Lake Haven under 18s 330-430</b>
<b>Monday 11<sup>th</sup></b>	<b>Tuesday 12<sup>th</sup></b> <b>Stress/ Procrastination Gosford 330-430 Over 18s</b>	<b>Wednesday 13<sup>th</sup></b> <b>Relationships and Conflict Lake Haven under 18s 330-430</b> <b>Walking Group- Gosford 330-430</b>	<b>Thursday 14<sup>th</sup></b> <b>Rage Lake Haven 14-17 males 330-430</b>	<b>Friday 15<sup>th</sup></b>
<b>Monday 18<sup>th</sup></b> <b>Lake Haven Social Group 18-25 330-430</b> <b>Gosford Social Group under 18s 330-430</b>	<b>Tuesday 19<sup>th</sup></b> <b>Youth Reference Group-Zoom 16-25 330-430</b> <b>Relationships and Conflict Gosford 330-430 Over 18s</b> <b>Walking Group- Lake Haven 330-430</b>	<b>Wednesday 20<sup>th</sup></b>	<b>Thursday 21<sup>st</sup></b> <b>Rage Lake Haven 14-17 males 330-430</b>	<b>Friday 22<sup>nd</sup></b> <b>Last day of school term</b>