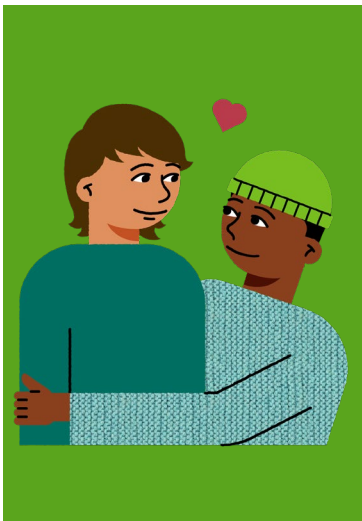


what's on at headspace – functional recovery groups 2022

Our Functional Recovery groups are listed below. Let us know what sessions you are interested in headspace Katherine providing at your school, service or community in 2022.

Groups are targeted to young people aged 12 to 25, service providers and parents/families/carers. Groups will run based on demand and can be run at headspace Katherine or your desired location.

Phone headspace Katherine on 8912 4000 or email headspace.katherine@anglicare-nt.org.au to find out more.



Love bites: 4 to 6 week program

(This group can be offered as a one-off workshop)

The group focuses on respectful relationships, with facilitated, safe and informed discussions around relationships and communication.

Different programs on offer include:

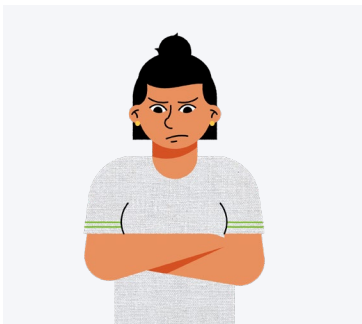
- Respect and disrespect in friendships and relationships
- Gender roles and stereotypes
- Gender and relationships
- Jealousy
- Relationships and social media
- Sharing images online
- Power in relationships
- Beliefs about relationships



Drumbeat: 6 to 10 week program

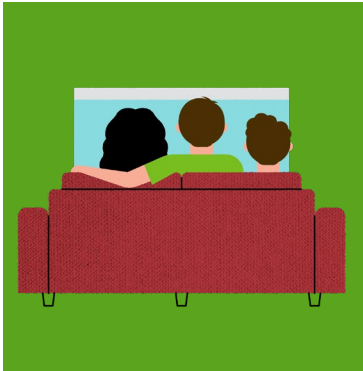
(This group can be offered as a one-off workshop)

Drumbeat provides young people with the opportunity to engage in a therapeutic music-based group that focuses on building community and connection, self-esteem, social skills, healthy relationships, communication and rhythmic expression through djembe drumming.



Get Wise About Emotions / Dialectical Behaviour Therapy Informed Group: 8 weeks

The group will provide young people with skills to manage and tolerate strong emotions (emotional dysregulation) and improve interpersonal relationships. The aim is to provide an evidence based therapeutic intervention, Dialectical Behavioural Therapy (DBT) Skills, in a group setting for young people wanting to work on learning new skills to manage emotional ups and downs.



Tuning into Teens - parenting program for parents / carers of adolescents: 6 weeks

Tuning into Teens offers parents/family members/carers of teens strategies to:

- understand adolescent emotions and development
- communicate more effectively
- manage conflict more effectively
- create a closer more connected relationship



Cultural healing group for Aboriginal and Torres Strait Islander young people: 6 weeks

In this 6-week group, young people will learn cultural knowledge from the diverse cultural language groups that make up the Banatjarl Strongbala Wimun Grup.

Activities include understanding skin names, bush medicine making, plant knowledge and healing, weaving and story sharing.



Transdiagnostic group – calm your inner critic: 6 week program

To provide a safe, non-judgemental group space for young people to learn about the evolving brain and the crucial role compassion plays in managing self-criticism and shame. To provide resources and a supportive space whilst exploring and learning new techniques targeted at effectively managing self-directed negative talk. To increase awareness of own emotions and build a more compassionate mindset.

Contact headspace Katherine on 8912 4000 or email headspace.katherine@anglicare-nt.org.au

headspace Katherine is operated by Anglicare NT and funded by the Northern Territory Primary Health Network (NT PHN), an Australian Government Initiative