

peer support group calendar

Groups for Young People

Groups for Parents/Caregivers

SP - headspace Southport
UC - headspace Upper Coomera

september /2024

mon	tues	wed	thurs	fri
02.	03.	04.	05. GROW (SP)	06. Creative Writing (UC)
09.	10. Street Smarts (SP)	11. Carers Connect (SP) Carer's Corner (UC)	12.	13.
16.	17.	18.	19. GROW (SP)	20. Creative Writing (UC)
23.	24. Street Smarts (SP)	25. Carers Connect (SP)	26.	27.
30.	01.	02.	03.	04.

october /2024

mon	tues	wed	thurs	fri
	01.	02.	03. GROW (SP)	04. Creative Writing (UC)
07.	08. Street Smarts (SP)	09. Carers Connect (SP) Carer's Corner (UC)	10.	11.
14.	15.	16.	17. GROW (SP)	18. Creative Writing (UC)
21.	22. Street Smarts (SP)	23. Carers Connect (SP)	24.	25.
28.	29.	30.	31. GROW (SP)	01.

november /2024

mon	tues	wed	thurs	fri
28.	29.	30.	31.	01. Creative Writing (UC)
04.	05. Street Smarts (SP)	06. Carers Connect (SP)	07.	08.
11.	12.	13. Carer's Corner (UC)	14.	15.
18.	19. Street Smarts (SP)	20. Carers Connect (SP)	21.	22.
25.	26.	27.	28.	29.

december /2024

mon	tues	wed	thurs	fri
02.	03. Street Smarts (SP)	04.	05.	06.
09.	10.	11. Carer's Corner (UC) Carers Connect (SP)	12.	13.
16.	17.	18.	19.	20.
23.	24.	25.	26.	27.
30.	31.	01.	02.	03.

sign up!
all groups
are free

groups for young people

Creative Writing | headspace Upper Coomera

Fortnightly Fridays Sept 06-Nov 01 | 3:30pm-4:30pm | Ages 12-18

Did you know that writing can enhance self-awareness? Plus, it's a great form of self-care! This peer-led group, led by our Peer Support Worker, Kegan, is a chill environment where you can express yourself through creative writing. It's a safe space to flex your imagination, share, and meet like-minded people.

GROW | headspace Southport

Fortnightly Thursdays Sept 05-Oct 31 | 3:00pm-4:30pm | Ages 18-25

Welcome to our youth wellbeing group! A peer-led group where sharing experiences, strengths, and successes is our focus. Each session, led by our Peer Support Worker, Calvin, starts/ends with a mindfulness check-in/check-out and includes reflections inspired by daily affirmations.

Street Smarts | headspace Southport

Fortnightly Tuesdays Aug 27-Dec 03 | 3:30pm-4:30pm | Ages 16-25

Learn safer ways to live, work and play in this limited series of workshops. Hear from others about how to navigate the world with practical safety and social skills. Group is led by our Peer Support Worker, Ella.

groups for parents/caregivers

Carers Connect | headspace Southport

Fortnightly Wednesdays Aug 28-Dec 11 | 9:30am-11:30am

All parents/caregivers of young people engaged with headspace are welcome to join this casual social group, led by our Peer Support Worker, Dom. There will be plenty of coffee and simple activities to keep your hands busy while sharing and listening to one another. This is a safe space to open up, build friendships, and connect with other carers.

Carer's Corner | headspace Upper Coomera

Second Wednesday of the month Sept 11-Dec11 | 4:00pm-5:00pm

Is your young person attending headspace? Join our social group for parents/caregivers and take time out to socialise and practise mindfulness activities. This group, led by our Peer Support Worker, Emma, is a space to share tips and get advice from others with similar experiences supporting young people.

headspace Southport

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headspace Upper Coomera

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sign up
for a group

