

headspace groups term 2

april & may 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>24</p> <p>Walk and Talk 2 – 3pm</p> <p>Peer Space 3:30 – 4:30pm</p> <p>Youth Advisory Committee 5 – 7pm</p>	<p>25</p> <p>ANZAC DAY</p>	<p>26</p>	<p>27</p> <p>Taking the Edge Off <i>Let's talk about substance use and addiction</i> @ Kingston Youth Services 10 – 3pm</p>	<p>28</p>
<p>1</p> <p>Walk and Talk 2 – 3pm</p>	<p>2</p> <p>Life & Living Skills 11 – 2pm</p>	<p>3</p> <p>Food Explorers 11 – 1pm</p> <p>Grow with the Flow <i>Flow states & presence</i> @ Aspendale Gardens 10.30 – 3.30pm</p>	<p>4</p> <p>Fab, Fit & Fun 2 – 3pm</p> <p>Prism</p>	<p>5</p>
<p>8</p> <p>Walk and Talk 2 – 3pm</p> <p>Peer Space 3:30 – 4:30pm</p> <p>Youth Advisory Committee 5 – 7pm</p>	<p>9</p> <p>Life & Living Skills 11 – 2pm</p> <p>Dungeons and Dragons 3 – 5pm</p> <p>In Someone Else's Shoes <i>Different perspectives in mental health</i> @ Kingston Youth Services 10 – 3pm</p>	<p>10</p> <p>Grow with the Flow <i>Sounds of nature</i> @ Aspendale Gardens 10.30 – 3.30pm</p>	<p>11</p> <p>Fab, Fit & Fun 2 – 3pm</p>	<p>12</p>
discovery college	Peer Support Groups	Groups	Committees	

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may & june 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 Walk and Talk 2 – 3pm	16 Life & Living Skills 11 – 2pm	17 Food Explorers 11 – 1pm	18 Fab, Fit & Fun 2 – 3 pm Prism	19
22 Walk and Talk 2 – 3pm Peer Space 3:30 – 4:30pm Youth Advisory Committee 5 – 7pm	23 Life & Living Skills 11 – 2pm Dungeons and Dragons 3 – 5pm	24 Do you hear what I hear? And other ways of thinking about psychosis @ Kingston Arts 10 – 3pm	25 Fab, Fit & Fun 2 – 3 pm	26
29 Walk and Talk 2 – 3pm	30 Life & Living Skills 11 – 2pm	31 Food Explorers 11 – 1pm	1 Fab, Fit & Fun 2 – 3 pm Prism	2
discovery college	Peer Support Groups	Groups	Committees	

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june 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Walk and Talk 2 – 3pm Peer Space 3:30 – 4:30pm Youth Advisory Committee 5 – 7pm	6 Life & Living Skills 11 – 2pm Dungeons and Dragons 3 – 5pm	7	8 Fab, Fit & Fun 2 – 3 pm	9
12 PUBLIC HOLIDAY	13 Life & Living Skills 11 – 2pm	14 Food Explorers 11 – 1pm	15 Fab, Fit & Fun 2 – 3 pm Prism	16
19 Walk and Talk 2 – 3pm Peer Space 3:30 – 4:30pm	20 Dungeons and Dragons 3 – 5pm	21	22 Fab, Fit & Fun 2 – 3 pm	23
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call:
9076 9400



email:
headspacegroups@alfred.org.au



follow:
@headspacebentleigh



PRISM

with Ash (they/them) and Chris (he/him)

Your local LGBTIQA+ Peer Support space! We have chats, we play games, but most of all we support each other to be ourselves. It is okay to ask questions. Your feelings and experiences are valid!

Youth Advisory Committee (YAC)

The YAC are a passionate team of mental health advocates & headspace ambassadors. Together, we start conversations about mental health in the community, lead projects & advise headspace on youth mental health.

Contact Ash Thornton if you are interested in volunteering with us!

PEER SPACE

with Ry (she/her) & Mike (he/him)

A group where those with lived experience can connect, unpack and inspire. Participants support each other by sharing experiences, hope and strength to tackle life's challenges.

LIFE & LIVING SKILLS

Live your best life

Engage, learn, grow and feel inspired. A seven-week program to prepare you with life skills for what life throws your way.

Master chef cooking competition included.
Get a graduation prize worth \$200!

discovery college

discovery college create & run free courses about mental health and wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn.

Contact Claire on 0407 861 205 or visit:
discovery.college
@discoverycollegeconnect

FAB, FIT & FUN

with Mary (she/her)

Fab = YOU

Fit = small group class, circuit style - different exercises each week strength/mobility /balance/cardio

Fun = music; go at your own pace
You will improve your health, muscle & bone strength, cognition and your mood.

WALK & TALK

Join us for a leisurely walk local to headspace Bentleigh. A great opportunity to meet and connect with other young people.

FOOD EXPLORERS

with Joe (he/him) & Mike (he/him)

Want to learn new kitchen skills, get ideas of what to cook, or just love sharing food with others? Come and join us on our new food adventure with food explorers.

DUNGEONS AND DRAGONS

with Blake (he/they) & Max (she/they)

Come join a rollicking campaign of intrigue and chaos at headspace Bentleigh! Learn how to build a character, dodge traps, swing swords and sling sorcery with your party. Remember – you can never have too many dice!