

headspace Groups Term 3

July / August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 Walk and Talk 2 - 3pm	11	12 Food Explorers 11 - 1pm	13 Prism	14
17 Walk and talk 2 - 3pm Peer Space 3:30 – 4:30pm	18 Games Gang 3 - 4:30pm	19	20 Fab, Fit & Fun 2 - 3pm	21
24 Walk and talk 2 - 3pm	25 <i><u>In Someone Else's Shoes:</u></i> <i><u>different ways of understanding</u></i> <i><u>mental health</u></i> <i><u>10am – 3pm</u></i> <i><u>@ Kingston Youth Services</u></i>	26 Food Explorers 11 - 1pm	26 Fab, Fit & Fun 2 - 3pm Prism	27
31 Walk and talk 2 - 3pm Peer Space 3:30 – 4:30pm	1 Games Gang 3 - 4:30pm	2 Dragonfly Music Therapy 3:15 - 4:30pm (Bentleigh Youth Hub)	3 Fab, Fit & Fun 2 - 3pm	4
discovery college	Peer Support Groups	Groups	Committees	

headspace Groups Term 3

August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Walk and talk 2 - 3pm	8	9 Food Explorers 11 - 1pm Dragonfly Music Therapy 3:15 - 4:30pm (Bentleigh Youth Hub)	10 Fab, Fit & Fun 2 - 3pm Brain Training 3 - 4:30pm Prism	11
14 Walk and talk 2 - 3pm Peer Space 3:30 - 4:30pm	15 Games Gang 3 - 4:30pm	16 <u>What is it about Medication?</u> 10am - 1pm <u>@ Kingston Youth Services</u> Dragonfly Music Therapy 3:15 - 4:30pm (Bentleigh Youth Hub)	17 Fab, Fit & Fun 2 - 3pm Brain Training 3 - 4:30pm	18
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headspace Groups Term 3 September 2023

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Call:
9076 9400



Email:
headspacegroups@alfred.org.au



Follow:
@headspacebentleigh



PRISM

with Max (she/they) & Chris (he/him)

Your local LGBTIQ+ 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!

Brain Training

with Jacquie (she/her) & Lauren (she/her)

Are you linked to the headspace Early Psychosis service and having difficulties with attention and memory? Then this group might be for you! It aims to teach strategies to help improve these thinking skills. Speak to your case manager about referral today!

PEER SPACE

with Ryannah (she/her) & Jas (she/her)

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.

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.

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](https://www.instagram.com/discoverycollegeconnect)

GAMES GANG

With Issy (she/her)

Looking to level up or cure your 'board-om'?

Join us online for some multiplayer board games, Jackbox and more...

WALK & TALK

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

FAB, FIT & FUN

with Mary (she/her) & Issy (she/her)

Fab = YOU
Fit = small group class, circuit style - different exercises each week strength, mobility, balance and cardio
Fun = music; go at your own pace
You will improve your health, muscle & bone strength, cognition and your mood.

DRAGONFLY MUSIC THERAPY GROUP

Venue: Bentleigh Youth Hub

With Hillary (she/her) and Loren (she/her)

Are you a music lover?
Join us for a 6-week music therapy experience!
Facilitated by a professional music therapist. Music therapy can help to reduce stress, improve mood expression and more.....

Want to get involved?

YES

I'm 16 - 25 years old.

I'm connected to headspace or another professional support.

If under 18, I have guardian permission.

Groups
Usually facilitated by clinicians. Young people say they attend to build life skills, connect with others, explore new interests or add structure to their day.

Committees
Run by young people for young people. We give feedback directly to headspace, advocate for young people's needs and work on projects with the centre.

Peer Support Groups
Young people meet to share lived experience of mental health challenges, learn from each other and provide a level of understanding that might not be found by others.

NO

Contact us to chat about options.



Another option?

Anyone can come to

discovery college.

Co-produced courses about mental health and wellbeing. It's for young people, professionals, family and friends or anyone who wants to learn.

www.discovery.college
[@discoverycollegeconnect](https://www.instagram.com/discoverycollegeconnect)

Found something you'd like to try?

YES

Contact us to get involved:
headspacegroups@alfred.org.au
9076 9400

NO

Ideas on how to improve our program?
We love feedback so let us know.

