

headspace Programs

April Easter Holidays

April 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Gym 1-3pm Music Group 3.30-5pm Peer Space 5 – 6.30pm	4 Creative Space: Mosaics 11-2pm	5 1000 Steps walk 11am-4pm	6 Move your body! 'Crunch Club – Build your core strength' 2-3:30pm Prism	7 Boardgames 1-3pm
10 Gym 1-3pm Music Group 3.30-5pm YAC 5-7pm	11 Gardening 11-1pm Chocolate Making Workshop 1:30-4:30pm	12	13 Move your body! 'Crunch Club – Build your core strength' 2-3:30pm Echoes 3:30-5pm	14 Good Friday No holiday program
KEY Groups Committees Peer Support Groups No holiday program				

headspace Programs

For all new group registrations please contact 9076 9400 or email headspacegroups@alfred.org.au and arrange a welcome appointment. For further information about the activities and key contact see below.

Gym: Interested in improving your physical health but don't know where to start? Drop in on Monday between 1-3pm to see our friendly staff in the gym to get you started. Contact person: Jake Ciminelli

Veggie gardening: Are you a keen gardener or want to learn? We need your help! You are also welcome to come help water the garden or pick veggies from there during the week, Contact person: Elysa Watson.

Echoes: This is a peer support group for young people who hear, see or sense things that other people done. Contact Person: Katie Wilson

Mosaics: Come join us for a mosaic workshop and other crafty fun! Bring your own project if you wish. Contact person: Sarah Kipnis

Prism society: This peer led group is for 12 to 25 year olds who are questioning queer, transgender and everything inbetween (or outside the box!) Contact Person: Katie Wilson

Move your body: The theme for the holidays is 'Crunch Club!', join us in the gym with the Exercise Physiologists. Suitable for all fitness and skills levels. Bookings essential. Contact person: Nancy Pepper.

Peer Space: is a support group facilitated by and for people with lived experience of mental health challenges. An opportunity to share experiences, feel understood, explore your hopes, fears, goals and much more. Contact person: Pru Howell-Jay

Youth advisory committee (YAC): Open to people aged 12 to 25 who have an interest in mental health and would like to be a part of a great team of volunteers and learn new skills . Contact person: Tania Martinow

1000 Steps Walk: Join us for a day in the Dandenong Ranges national Park. We will walk the 1000 steps and have a picnic lunch at the top. We're departing headspace @ 11am. Contact person: Elysa Watson

Music Group: Join us for an afternoon of making music! Welcome to bring your own instrument, otherwise come and learn something new! Contact person: Jake Ciminelli

Chocolate Making Workshop: Calling all chocolate lovers! Ever wanted to learn the art of making your own? Join us for an afternoon of chooclatey fun, and yes we will be taste-testing our goodies! Contact person: Sarah Rijs

Boardgames: UNO! Perhaps Jenga, Trouble, or maybe a little chess? Join us for a fun afternoon, you're welcome to bring any games you may wish to play! Contact person: Sarah Rijs

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Groups

- People usually find they get different things from coming, this might include connecting with others, exploring new interests and building life skills

Peer support groups

- At headspace, support groups are groups of young people who gather to share lived experience of mental health challenges

Advisory Committees

- These committees provide feedback directly to the services and promote services at headspace