

headspace Programs

December Program

◀ November 2016							December 2016							January 2016 ▶						
Sun		Mon		Tue		Wed		Thu		Fri		Sat								
Key Discovery College Courses Peer Support Groups Committees Groups **RSVP and consent form required								1 Move Your Body (Strength Training) 2 - 3pm Prism		2 Food Explorers 11.30 - 1.30pm		3								
4		5 Youth Advisory Committee 5 - 7pm		6 Discovery College Taking charge of your own health 10am-5pm		7 Veggie Gardening 11am - 1pm		8 Move Your Body (Strength Training) 2 - 3pm Hearing Voices 3.30 - 4.30pm		9 Food Explorers 11.30 - 1.30pm		10								
11		12 Peer Space 5 - 6.30pm		13 Crafternoon 1 - 3pm		14 Veggie Gardening 11am - 1pm		15 Lapathon 9-3pm (offsite)** Prism		16 Food Explorers 11.30 - 1.30pm		17								
18		19		20 Christmas Celebration 11am-3pm**		21		22		23		24								
25 CHRISTMAS DAY		26 BOXING DAY		27 PUBLIC HOLIDAY		28		29		30		31								

headspace Programs

Hearing voices group: This is a peer support group for young people who hear, see or sense things that other people don't.

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.

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

headspace Lapathon: The headspace Lapathon is taking place this year to raise awareness of exercise being part of a healthy lifestyle. Cycle, Run, Walk, Rollerblade or Skateboard as long or as little as you like.

Crafternoons: Come join us for cups of tea and crafty fun! Bring your own project if you wish.

Food explorers: 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.

Move your body: Think balls games, circuit training, boxing and sports! Suitable for all fitness and skills levels. This month is Strength training!

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.

Christmas Celebration: Come join us to celebrate the end of 2016. We are doing all things Christmas along with christmas style Food Explorers lunch.

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!)

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