

Timetable Term 3, 2017

What	Description	Course start	Campus
Taking the edge off: Let's talk about drugs and alcohol	This course brings people together to engage in an open conversation about drugs, alcohol and mental health.	2 sessions Monday 31 July and 7 August 1pm to 4pm	headspace Bentleigh
Taking charge of your own health	In this short course we will explore the roles and responsibilities we each have for our own health and well-being and that of those that we support and care for.	One-day workshop Tuesday 1 August 10am to 4:30pm	headspace Bentleigh
Mindfulness	This course brings young people together in a group-learning environment where they will experience a range of skills, techniques and ideas about how to live mindfully.	4 sessions Wednesday 9, 16, 23 and 30 August 2pm to 4pm	headspace Bentleigh
		4 sessions Friday 4, 11, 18 and 25 August 1pm to 3pm	headspace Frankston
In someone else's shoes: Different ways of understanding	Throughout the course you will explore many different ways of understanding yours and others experiences in mental health.	2 sessions Date to be confirmed	headspace Frankston
What is it about Medication?	This course brings together people who are interested in having some open discussion about the role of medication in mental health.	One-day workshop Thursday 7 September 1pm to 4pm	headspace Bentleigh
Understanding Self Harm	This course allows space for participants to openly discuss and unpack their own experiences around self-harm in a non-judgemental and safe environment.	One-day workshop Friday 15 September 10am to 5pm	headspace Bentleigh