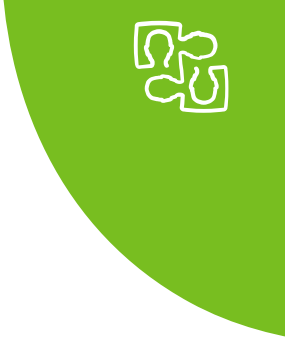
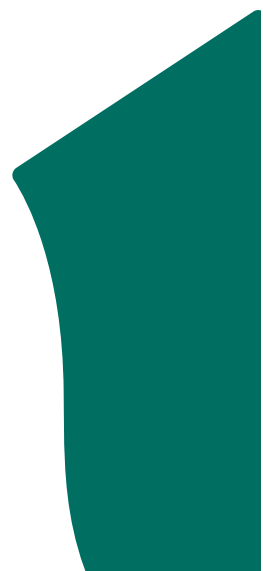


WINTER HOLIDAY PROGRAM JUNE 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|------------------------|--|--|-------------------|
| 27 Walk & Talk ** 1-2 | 28 | 29 B. Lucky & Sons Games Arcade Melbourne Central** 1-4 pm | 30 | 1 |
| 4 Walk & Games Moorabbin Reserve ** 1-3 | 5 Games Gang 1-2 | 6 | 7 Story of the Moving Image ACMI Exhibition ** 1-3:30 pm | 8 |
| KEY ** In-person Groups | Peer Support Groups | Groups | Committees | Discovery college |

Call 9076 9400 Email headspacegroups@alfred.org.au Follow [@headspacebentleigh](https://www.instagram.com/headspacebentleigh)



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.

YES

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

Found something you'd like to try?

NO

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

