January/February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walk and talk** 1-2pm	Peer Space 4:00 – 5:00pm	2 Creative Minds 330–430pm	3	4
7 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	8	9 Games Gang 330 - 430pm	10 Prism 4:30 – 5:30pm	11
14 Walk and talk** 1-2pm	Peer Space 4:00 – 5:00pm	16 Creative Minds 330–430pm	How to Adult 3:30 – 4:30pm	18
Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	22	23 Games Gang 330 – 430pm	24 How to Adult 3:30 – 4:30pm Prism 4:30 – 5:30pm	25
KEY ** In Person Groups	Peer Support Groups	Groups	Committees	discovery college



February/ March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	1	2	3	4
		Creative minds	How to Adult	
Walk and talk**		330 – 430pm	3:30 – 4:30pm	
1-2pm	Peer Space			
	4:00 – 5:00pm			
7	8	9	10	11
		Games Gang	How to Adult	
Walk and talk**		330– 430pm	3:30 – 4:30pm	
1-2pm				
			Prism	
Youth Advisory Committee			4:30 – 5:30pm	
5:00 - 7:00pm				
		16	4.7	40
14	15	16 Creative minds	17	18
LABOUR DAY			How to Adult	
LABOUR DAY	Peer Space	330-430pm	3:30 – 4:30pm	
	4:00 – 5:00pm		5:50 – 4:50pm	
	4.00 – 3.00pm			
21	22	23	24	25
Walk and talk**	22	Games Gang	How to Adult	23
1-2pm		330-430pm	3:30 – 4:30pm	
Youth Advisory Committee		330-430pill	3.30 4.30pm	
5:00 - 7:00pm			Prism	
2.00 7.00p			4:30 – 5:30pm	
KEY	Peer Support Groups	Groups	Committees	discovery college

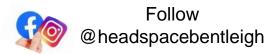


March/ April 2022

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1
Walk and talk** 1-2pm	Peer Space 4:00 – 5:00pm	Creative Minds 330-430pm		
Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	5	Games Gang 330-430pm	7 Prism 4:30 – 5:30pm	8 LAST DAY OF TERM 1 PROGRAM
KEY ** In Person Groups	Peer Support Groups	Groups	Committees	discovery college

Call 9076 9400

Email headspacegroups@alfred.org.au





PRISM

with Max (she/they) and Ash (they/them)

Your local LGBTIQA+ 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!

Youth Advisory Committee (YAC)

The YAC are a passionate team of mental health advocates & headspace ambassadors. Together, we start conversations about mental health in the community, lead projects & advise headspace on youth mental health.

Contact Ash Thornton if you are interested in volunteering with us!

PEER SPACE

with Issy (she/her) & Charlie (he/him)

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.

Creative Minds

with Issy (she/her) & Loren (she/her) Open online creative space- visual artists, musicians, writers are all welcome!

Join us to create, discuss ideas, learn and get those ideas flowing! All welcome, no experience required

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: www.discovery.college @discoverycollegeconnect

Games Gang

With Issy (she/her) & Loren (she/her)

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

Join us online for some multiplayer board games, quizzes, cards, strategy games & more..

Walk & talk

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

Join us for a leisurely walk local to headspace Bentleigh. A great opportunity to meet new people. Together we will be exploring all things health & wellness

Parks VIC Adventure Group (coming soon)

We've scored a grant from Parks VIC!

Join us for our outdoor recreation program.

Kayaking and hiking galore!

Limited places will be available

How to Adult

With Abby & Loren (she/her)

Join us online to learn all the life skills you didn't get taught at school! We talk about money, living independently, jobs 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

Committees

Run by young people for young people. We give feedback directly to headspace, work on projects with the centre.

advocate for young people's needs and

> Found something you'd like to try?

YES

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

NO

Peer Support Groups

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

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 wants to learn.

www.discovery.college @discoverycollegeconnect

