

headspace Programs

January Holiday Program

January 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
2 No Group Program	3 No Group Program	4 No Group Program	5 No Group Program	6 No Group Program
9 Music Group 1 – 4pm Walk'N'Talk 12-1pm	10 City Day! 10am-4pm	11 Mosaic Workshop Bunnings Moorabbin 10:30-1:30pm	12 Move your body! 10:30-12:30pm Mindfulness 2-2:45pm	13 Bushwalk Cape Schanck 9:30-4pm
16 Boardgames! 2-4pm YAC 5-6:30pm	17 Lets get sensational 2:30-4pm	18 Gardening 1-3pm	19 Move your body! 10:30-12:30pm Mindfulness 2-2:45pm	20 Self & Identity Discovery College Course 10-5pm
23 Music Group 1 – 4pm Walk'N'Talk 12-1pm	24 No Group Program	25 Beach day & BBQ 11-3pm	26 Australia Day Public Holiday No Group Program	27 Gardening 1-3pm
30 Boardgames! 2-4pm YAC 5-6:30pm	31	KEY Groups Discovery College Courses Committees **RSVP and consent form required for all activities!		

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Mosaic Workshop: Come join us for a DIY workshop hosted by Bunnings Moorabbin! Meet at headspace at 10:30 for transport down

Walk'N'Talk: Let's walk'n'talk over the lunch period and get ready for a great week

Bushwalk: We're off to Cape Schanck for a bushwalk and lunch! The walk will be between 3-7km depending on how keen you are!

Move your body: Think balls games, circuit training, boxing and sports! Suitable for all fitness and skills levels. Bookings essential.

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.

Let's get sensational: Come and explore your senses through discussion and experimenting different sensations. We will also explore sensations/experiences we don't like and how best to manage those.

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

City Day: Want to come and explore the city with us? We will be visiting ACMI, having lunch, and concluding the day with a surprise activity!

Beach Day and BBQ - Come along for a day of beach games and festivities... picture beach cricket, football or perhaps relaxing on the sand with a book! BBQ lunch provided. Location TBC

Boardgames: Think twister, uno, scrabble...and many more! Join us for a fun filled afternoon of games and laughter

Mindfulness: Join us for 45 minutes of mindfulness and meditation, this session is open to both clients and staff

Self and Identity: *Please refer to Discovery College enrolment and information form for additional information*

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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