

## headspace Programs

### July Program

July 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>17</b> <b>Pawsative Dog Walkers</b> <b>10-11am</b> <b>Music Group</b> <b>4-5pm</b> <b>YAC</b> <b>5-7pm</b>	<b>18</b> <b>Veggie Gardening</b> <b>11am-1pm</b>	<b>19</b> <b>Match my skills;</b> <b>Navigating your way</b> <b>through VTAC</b> <b>4-5pm</b>	<b>20</b> <b>Brain Training</b> 11am-1pm <b>Move your body!</b> 2-3.30pm <b>Echoes</b> 3:30-4.30pm	<b>21</b> <b>Food Explorers</b> <b>11.30am-1.30pm</b> <b>Table Tennis</b> <b>2-3pm</b>
<b>24</b> <b>Pawsative Dog Walkers</b> <b>10-11am</b> <b>Music Group</b> <b>4-5pm</b> <b>Peer Space</b> <b>5 – 6.30pm</b>	<b>25</b> <b>Veggie Gardening</b> <b>11am-1pm</b> <b>Creative Space</b> <b>1 – 3pm</b>	<b>26</b> <b>Match my skills;</b> <b>Navigating your way</b> <b>through VTAC</b> <b>4-5pm</b>	<b>27</b> <b>Brain Training</b> 11am-1pm <b>Move your body!</b> 2-3.30pm <b>Prism</b>	<b>28</b> <b>Food Explorers</b> <b>11.30am-1.30pm</b> <b>Table Tennis</b> <b>2-3pm</b>
<b>31</b> <b>Pawsative Dog Walkers</b> <b>10-11am</b> <b>Music Group 4-5pm</b> <b>Taking the edge off: lets talk</b> <b>about drugs and alcohol?</b> <b>1-4pm</b> <b>YAC 5-7pm</b>		<b>KEY</b> <b>Groups</b> <b>Discovery College Courses – enrolment required</b> <b>Committees</b> <b>Peer Support Groups</b>		

For all new group registrations please contact 9076 9400 and arrange a welcome appointment. For further information about the activities and key contact see below.



**headspace**  
**Bentleigh**

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**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, Contact person: Katie Wilson.

**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!) Contact Person: Katie Wilson

**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. Contact person: Olivia Hunt

**VTAC:** 6-week course designed to help assist year 12, VCAL and adult students understanding important information needed to determine whether the course you are applying for is right for you. Learn about the steps involved in completing the VTAC course application, including how to pay your application processing fees and how to apply for special consideration and special access scheme. Contact person: Catherine Gayed

**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. Contact person: Pru Howell-Jay

**Move your Body** Think balls games, circuit training, boxing and sports! Suitable for all fitness and skills levels. Bookings essential. Contact person: Nancy Pepper.

**Brain Training!** Having difficulties with attention and memory? Want to learn some strategies to improve your thinking skills? This group covers 6 weeks of brain training games and in session strategies aimed to help improve memory and thinking skills. Contact Person Chris O'Halloran

**How to Adult:** cover topics such as how to budget for those expensive treats, identifying your strengths to help you apply for future jobs, as well as discovering all you need to know about moving out. Contact Person: Sarah Rijs

**Pawsative Dog Walkers:** What better way to start the week! Join us on Monday morning for a walk and a play with the pooches of headspace! Contact person: Ash Thornton

**Echoes:** This is a peer support group for young people who hear, see or sense things that other people dont. Contact Person: Katie Wilson

**Youth advisory committee (YAC):** Open to people aged 18 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 . Contact person: Tania Martinow

**Creative Space:** Come join us for cups of tea and crafty fun! Bring your own project if you wish Contact person: Sara Kipnis

**Music Group:** Join us for an afternoon of making music! Welcome to bring your own instrument, otherwise come and learn something new! Contact person: Jake Ciminelli

**Table Tennis:** Join us for Table Tennis on friday afternoons! Everyone is welcome and we will have a coach for those who are wanting to learn. Contact Person: Nancy Pepper

**Discovery College Courses:** What is it about Medication? Understanding Self Harm, Taking Charge of your own health, Mindfulness,. Please refer to Discovery College enrolment and information form for additoinal information or contact Andrew Foster

## headspace Programs

### 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