

headspace Programs
June 2017

June 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups No program			1 Move your body! 2-3pm Prism	2 Food Explorers 11.30am-1.30pm Table Tennis 1:30-3pm
5 Dog Walking 10-11am Gym 3-4pm Music 4-5pm YAC 5-7pm	6 Veggie Gardening 11am-1pm	7 Communication, Assertiveness & Relationships 3-5pm (Session 4 of 6)	8 Move your body! 2-3pm Vuse 3:30-5pm	9 Food Explorers 11.30am-1.30pm Table Tennis 1:30-3pm
12 Queens Birthday No program	13 Veggie Gardening 11am-1pm Creative Space – Candle Making 1 – 3pm	14 Communication, Assertiveness & Relationships 3-5pm (Session 5 of 6)	15 Move your body! 2-3pm Prism	16 Food Explorers 11.30am-1.30pm Table Tennis 1:30-3pm
19 Dog Walking 10-11am Gym 3-4pm Music 4-5pm YAC 5-7pm	20 Veggie Gardening 11am-1pm	21 Communication, Assertiveness & Relationships 3-5pm (Session 6 of 6)	22 Move your body! 2-3pm Vuse 3:30-5pm	23 Food Explorers 11.30am-1.30pm Table Tennis 1:30-3pm
26 Dog Walking 10-11am Gym 3-4pm Music 4-5pm Peer Space 5 – 6.30pm	27 Veggie Gardening 11am-1pm Creative Space – Poetry/Story writing 1 – 3pm	28	29 Move your body! 2-3pm Prism	30 Food Explorers 11.30am-1.30pm Table Tennis 1:30-3pm

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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.

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: Elysa Watson.

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: Sarah Rijs

Vocational Cafe: 'The Vocational Café is a drop in space to access support and ask questions regarding employment, study or volunteer options, resume writing, and interview advice.' Contact Person: Wayne Bentham

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: Karen Salter.

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 . Contact person: Tania Martinow

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: Elysa Watson

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

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

Discovery College Courses: TBC. *Please refer to Discovery College enrolment and information form for additoinal information or contact Andrew Foster*

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

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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