

headspace Programs

| ◀ October 2016 | | November 2016 | | | December 2016 ▶ | |
|----------------|---|--|--|---|---|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 Public Holiday Melbourne CUP Day | 2 Discovery College Mindfulness Course: Session 4 of 8 2:00 – 3.30pm | 3 Move Your Body (Pilates) 2 - 3pm Prism | 4 Food Explorers 11.30 - 1.30pm | 5 |
| 6 | 7 Youth Advisory Committee 5 – 7pm | 8 Discovery College Understanding Self Harm Course: 10am - 5pm | 9 Veggie Gardening 11am - 1pm Discovery College Mindfulness Course: Session 5 of 8 2:00 – 3.30pm | 10 Move Your Body (Pilates) 2 - 3pm Hearing Voices 3.30 – 4.30pm | 11 Food Explorers 11 - 1pm STRIKE! Bowling and Laser Tag 1 - 4.30pm** | 12 |
| 13 | 14 Peer Space 5 - 7pm | 15 Crafternoon 1 – 3pm Let's Get Senstational 2 – 5pm | 16 Veggie Gardening 11am - 1pm Discovery College Mindfulness Course: Session 6 of 8 2:00 – 3.30pm | 17 Move Your Body (Pilates) 2 - 3pm Prism | 18 Food Explorers 11.30 - 1.30pm | 19 |
| 20 | 21 Youth Advisory Committee 5 – 7pm | 22 | 23 Discovery College Mindfulness Course: Session 7 of 8 2:00 – 3.30pm | 24 Move Your Body (Pilates) 2 - 3pm Hearing Voices 3.30 – 4.30pm | 25 Food Explorers 11.30 - 1.30pm | 26 |
| 27 | 28 Peer Space 5 - 7pm | 29 Crafternoon 1 – 3pm | 30 Veggie Gardening 11am - 1pm Discovery College Mindfulness Course: Session 8 of 8 2:00 – 3.30pm | Key Discovery College Courses Peer Support Groups Committees Groups **RSVP and consent form required | | |

headspace Programs

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

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.

Move your body: Think balls games, circuit training, boxing and sports! Suitable for all fitness and skills levels. This month is Pilates so bring a towel with you! Booking is 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.

Hearing voices group: This is a peer support group for young people who hear, see or sense things that other people done.

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!)

Peerspace: a group facilitated by and for people with lived experience of mental health challenges.

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

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