

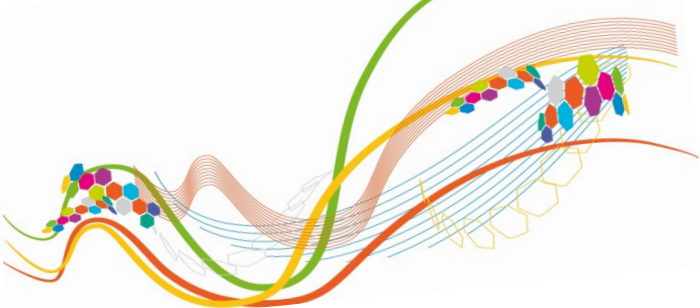


Term 2, 2017: headspace Discovery College

The Discovery College is about learning from each other, sharing experiences and ideas to explore who we are, what works for us, what we want and what we can do. Discovery learning values all different kinds of knowledge and experiences.

How do I enrol? You can enrol by emailing your completed enrolment form to Discovery.College@alfred.org.au or drop it into headspace reception. Full details of all courses are available on our [website](#)

What	Details	Course length	Start date	Campus
Taking charge of your own health	In this short course we will explore the roles and responsibilities we each have for our own health and well-being and that of those that we support and care for.	1 day	Friday, 5 May (10am-5pm). Lunch and refreshments will be provided	headspace Bentleigh
Taking charge of your own health	In this short course we will explore the roles and responsibilities we each have for our own health and well-being and that of those that we support and care for.	1 day	Friday, 26 May (10am-5pm). Lunch and refreshments will be provided	headspace Frankston
Self and identity	This course enables and encourages you as an individual to learn about yourself and who you are as a person. Throughout the course you will explore who you are in your community, who you are to others, how your identity shapes your decision making and how you change over time.	9 hours	Tuesday, 9, 16 and 23 May (2pm to 5pm)	headspace Bentleigh
Self and identity	This course enables and encourages you as an individual to learn about yourself and who you are as a person. Throughout the course you will explore who you are in your community, who you are to others, how your identity shapes your decision making and how you change over time.	9 hours	Friday, 16, 23 and 30 June (1pm to 4pm)	headspace Frankston



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headspace
Bentleigh

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What	Details	Course length	Start date	Campus
Communications, relationships and assertiveness	This course gives you the chance to talk about communication in a fun, group-learning environment. The course will give you the opportunity to explore the different ways we communicate, what's important to you and how to make how to make your communication work for you.	12 hours	Wednesday, 17, 24 and 31 May and Wednesday 7, 14 and 21 June (3pm to 5pm)	headspace Bentleigh
In someone else's shoes: exploring different ways of understanding	Throughout the course you will explore many different ways of understanding yours and others experiences in mental health and begin to develop an awareness of where different views come from. The course offers space to listen to others ideas, to express your own and consider helpful ways to express opinions about mental health.	2 sessions	June, dates to be confirmed	headspace Bentleigh
What is it about medication?	This course brings together people who are interested in having some open discussion about the role of medication in mental health. It provides an opportunity to look differently at how we take care of our own mental health and that of those we support in an engaging and interactive way.	3 hours	Dates to be confirmed	headspace Bentleigh