

# headspace Programs

## Term 1



| January/February 2020  |   |  |   |  |
|--|---|--|---|--|
| Monday   | Tuesday   | Wednesday                                    | Thursday  | Friday                                     |
| 27<br><b>KEY</b><br>Groups<br>Discovery College Courses – enrolment required<br>Committees<br>Peer Support Groups<br>** Indicates this is a closed group with limited places available | 28  | 29   | 30<br>Table Tennis 1:30-2:30pm<br><br>Prism   | 31<br>Food Explorers<br>11.30am-1.30pm     |
| 3<br><br>Peer Space<br>3:30-5pm  | 4<br><br>Veggie Gardening<br>11.00am-12.00pm                                | 5<br><br>Mindfulness: Part A<br>12:00-3.00pm | 6<br><br>Saints Active**<br>1:00-3:00pm<br><br>Prism                                    | 7<br><br>Food Explorers<br>11.30am-1.30pm  |
| 10<br>Making Sense of your Senses: Part A<br>1-3pm<br><br>Lifesavers<br>2.30- 4pm<br><br>YAC 5-7pm   | 11<br><br>Out n About<br>2.00-3.30pm<br><br>What is Creativity?<br>10am-4pm | 12<br><br>Mindfulness: Part B<br>1:00-3.00pm | 13<br><br>Saints Active**<br>1:00-3:00pm<br><br>Prism                                   | 14<br><br>Food Explorers<br>11.30am-1.30pm |
| 17<br><br>Peer Space<br>3:30-5pm   | 18<br><br>Veggie Gardening<br>11am-12pm                                     | 19<br><br>Mindfulness: Part B<br>1:00-3.00pm | 20<br><br>Saints Active**<br>1:00-3:00pm<br><br>Crafternoon<br>3.30-5.00pm<br><br>Prism | 21<br><br>Food Explorers<br>11.30am-1.30pm |

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 Programs

## Term 1



| February/March 2020  |  |   |  |   |
|--|--|---|--|---|
| Monday   | Tuesday                                    | Wednesday                                       | Thursday   | Friday  |
| 24<br><b>Lifesavers</b><br>2.30- 4pm<br><br><b>YAC 5-7pm</b> | 25<br><b>Out n About</b><br>2.00-3.30pm    | 26<br><b>Mindfulness: Part B</b><br>1:00-3.00pm | 27<br><b>Saints Active**</b><br>1:00-3:00pm<br><br><b>Crafternoon</b><br>3.30-5.00pm<br><br><b>Prism</b> | 28<br><b>Food Explorers</b><br>11.30am-1.30pm |
| 2<br><b>Peer Space</b><br>3:30-5pm                           | 3<br><b>Veggie Gardening</b><br>11am-12pm  | 4   | 5<br><b>Saints Active**</b><br>1:00-3:00pm<br><br><b>Crafternoon</b><br>3.30-5.00pm<br><br><b>Prism</b>  | 6<br><b>Food Explorers</b><br>11.30am-1.30pm  |
| 9<br><b>Public Holiday- No groups today</b>                  | 10<br><b>Out n About</b><br>2.00-3.30pm    | 11  | 12<br><b>Saints Active**</b><br>1:00-3:00pm<br><br><b>Crafternoon</b><br>3.30-5.00pm<br><br><b>Prism</b> | 13<br><b>Food Explorers</b><br>11.30am-1.30pm |
| 16<br><b>Peer Space</b><br>3:30-5pm                          | 17<br><b>Veggie Gardening</b><br>11am-12pm | 18  | 19<br><b>Table Tennis</b> 1:30-2:30pm<br><br><b>Crafternoon</b><br>3.30-5.00pm<br><br><b>Prism</b>       | 20<br><b>Food Explorers</b><br>11.30am-1.30pm |

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| March 2020  |                                       |           |  |  |
|---|---------------------------------------|-----------|--|--|
| Monday  | Tuesday                               | Wednesday | Thursday   | Friday   |
| 23<br><b>Lifesavers</b><br>2.30- 4pm<br><br>YAC 5-7pm | 24<br><b>Out n About</b><br>11am-12pm | 25        | 26<br><b>Move your body</b> 1:30-2:30pm<br><br><b>Crafternoon</b><br>3.30-5.00pm<br><br><b>Prism</b> | 27<br><br><b>Food Explorers</b><br>11.30am-1.30pm<br><br><b>Last day of Term 1</b> |

|                              |  |
|------------------------------|--|
| <h3>Groups</h3>              | <ul style="list-style-type: none"> <li>• People usually find they get different things from coming, this might include connecting with others, exploring new interests and building life skills</li> </ul> |
| <h3>Peer support groups</h3> | <ul style="list-style-type: none"> <li>• At headspace, support groups are groups of young people who gather to share lived experience of mental health challenges</li> </ul>                               |
| <h3>Advisory Committees</h3> | <ul style="list-style-type: none"> <li>• These committees provide feedback directly to the services and promote services at headspace</li> </ul>   |

Please note our programs are suitable for young people aged 16-25. Young people under the age of 18 will require parent/guardian consent to attend the program. If you are under the age of 18 and wanting to engage with the group program please make contact with Emily Wilson or Cassie Rowe to discuss further.

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**PRISM-** Pride group for all the 16-25 year olds looking for support, friends and community. Yes, we mean rainbow pride!

**Contact person:** Ash Thornton

**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 Hewett or Emily Wilson

**Youth Advisory Committee (YAC):** Have a passion for mental health? If you are 16-25 years old, want to learn new skills, advocate, advise and be a headspace ambassador, then join our great team of volunteers!

**Contact person:** Ash Thornton

### Saints Active:

Come train like the St Kilda Saints do!! we are doing a 6 week program working with AFL principals and run by AFL St Kilda community coaches. Meet at Headspace Bentleigh 1pm and return by 3pm

**Contact person:** Brittany H.

**Crafternoon:** Open studio, social/ art space. Come along for snacks, creative activities and great conversation

Ages 16-25 years. All welcome, no art skills required

**Contact Person:** Emily Wilson

**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:** Mark Campbell

### Out n About:

Come get active in the warm weather, we go to the beach or park and play some sports or go for a walk!

**Contact Person:** Emily Wilson or Cassie Rowe

**Discovery College Courses:** A place where people come together to learn from each other, share experiences, and reach a new understanding of mental health. Free with refreshments!

[www.discovery.college](http://www.discovery.college)

Facebook & Instagram  
[@discoverycollegeconnect](https://www.instagram.com/discoverycollegeconnect)

0407 861 205

**Table Tennis:** Join us for Table Tennis on Thursday afternoons! A mix of skills and games

**Contact Person:** Brittany Herbert or Emily Wilson

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

**Contact person:** Brittany Herbert

**LifeSavers-** Is a peer led group. It is a safe space to be able to share suicidal thoughts, what sitting with those may feel like and the impact it has on our lives with others who have had/are having similar experiences.

**Contact:** Pru Howell-Jay.

**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, plant new seeds or pick veggies.

**Contact person:** Emily Wilson or Cassie Rowe

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