

# April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
19 NEW TIMETABLE BEGINS THIS WEEK Peer Space Bentleigh 3.30-4.30pm	20 Career Connections 3.15-4.30pm	21 <u>Taking the edge off: Let's talk about drugs and alcohol</u> 10:30am – 12:30pm	22 Creative Minds 2.30-3.30pm Prism 4.30-5.30pm	23 Game Gang** 1.00pm-2.00pm
26 DBT Skills Group (Referral Only) 1.00-2.30pm Youth Advisory Committee** 5:00 – 7:00 pm	27 Career Connections 3.15-4.30pm	28	29 Creative Minds 2.30-3.30pm Peer Space Frankston** 3.30-4.30pm	30 Game Gang** 1.00pm-2.00pm
<b>KEY</b> ** Indicates In Person	Peer Support Groups	Groups	- Committees	discovery college

Call or text us  
0429 183 643



@headspacebentleigh

Email us  
headspacegroups@alfred.org.au

# May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>DBT Skills Group (Referral Only) 1.00-2.30pm</p> <p>Peer Space Bentleigh 3.30-4.30pm</p>	<p>4</p> <p>Garden and Walk** 2.00-3.00pm</p>	<p>5</p>	<p>6</p> <p>Creative Minds 2.30-3.30pm</p> <p>Prism 4.30-5.30pm</p>	<p>7</p> <p>Game Gang** 1.00pm-2.00pm</p>
<p>10</p> <p>DBT Skills Group (Referral Only) 1.00-2.30pm</p> <p>Youth Advisory Committee** 5:00 – 7:00 pm</p>	<p>11</p>	<p>12</p>	<p>13</p> <p>Creative Minds 2.30-3.30pm</p> <p>Peer Space Frankston** 3.30-4.30pm</p>	<p>14</p> <p>Game Gang** 1.00pm-2.00pm</p>
<p>17</p> <p>DBT Skills Group (Referral Only) 1.00-2.30pm</p> <p>Peer Space Bentleigh 3.30-4.30pm</p>	<p>18</p> <p>Garden and Walk** 2.00-3.00pm</p>	<p>19</p>	<p>20</p> <p><u>What is it about medication?</u> <u>10am – 1pm</u></p> <p>Creative Minds 2.30-3.30pm</p> <p>Prism 4.30-5.30pm</p>	<p>21</p> <p>Game Gang** 1.00pm-2.00pm</p>
<p>24</p> <p><u>Mindfulness</u> <u>11am – 12:30pm</u></p> <p>DBT Skills Group (Referral Only) 1.00-2.30pm</p> <p>Youth Advisory Committee** 5:00 – 7:00 pm</p>	<p>25</p>	<p>26</p>	<p>27</p> <p>Creative Minds 2.30-3.30pm</p> <p>Peer Space Frankston** 3.30-4.30pm</p>	<p>28</p> <p>Game Gang** 1.00pm-2.00pm</p>
<p><b>KEY</b> ** Indicates In Person</p>	<p>Peer Support Groups</p>	<p>Groups</p>	<p>Committees</p>	<p>discovery college</p>

# May / June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
31 DBT Skills Group (Referral Only) 1.00-2.30pm  Peer Space Bentleigh 3.30-4.30pm	1 Garden and Walk** 2.00-3.00pm	2	3 Creative Minds 2.30-3.30pm  Prism 4.30-5.30pm	4 Game Gang** 1.00pm-2.00pm
7 DBT Skills Group (Referral Only) 1.00-2.30pm  Youth Advisory Committee** 5:00 – 7:00 pm	8	9	10 Creative Minds 2.30-3.30pm  Peer Space Frankston** 3.30-4.30pm	11 Game Gang** 1.00pm-2.00pm
14  PUBLIC HOLIDAY	15 Garden and Walk** 2.00-3.00pm	16	17 Creative Minds 2.30-3.30pm  Prism 4.30-5.30pm	18 Game Gang** 1.00pm-2.00pm
21 DBT Skills Group (Referral Only) 1.00-2.30pm  Youth Advisory Committee** 5:00 – 7:00 pm	22	23	24 Creative Minds 2.30-3.30pm  Peer Space Frankston** 3.30-4.30pm	25  LAST DAY OF TIMETABLE
<b>KEY</b> ** Indicates In Person	Peer Support Groups	Groups	Committees	discovery college

## Prism

*with Max & Ash*

Your local LGBTIQA+ Peer Support space!  
We play games together, have big talks about everything and anything and support each other to be ourselves.  
It's okay to ask questions.  
Your feelings & experiences are valid!

## Career Connections

*with Anne, Janet & Guests.*

Join us online for valuable tips to enhance your employability. TAFE or university students and recent graduates will find these sessions particularly useful. Guest speakers will join us for each session with plenty of opportunity for a participant driven Q & A.

## Garden & Walk

*with Emily & Britt*

COVID hit the community garden hard in 2020! Help us to give it some much needed care and you might score some home-grown vegies in return! We'll also head out for a walk around the neighbourhood if we have time.

## Peer Space

*with Issy @ Bentleigh  
with Lucy @ Frankston*

A lived experience group where participants work in collaboration to express themselves and achieve their goals. Common themes are social anxiety, motivation, relationships and everything in between.

## Creative Minds

*with Emily, Issy & Tim*

Online creative space - visual artists, musicians, photographers, writers, dreamers & ideas enthusiasts! Join us to create, discuss ideas, learn and get those creative juices flowing! No experience required.

## Game Gang

*with Emily & Britt*

Come hang out in-person for some multiplayer board games, wii/playstation, outdoor competitions & more...

## discovery college

*create & run courses about mental health & wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn.*

**Contact Claire 0407 861 205**  
[www.discoverycollege.com.au](http://www.discoverycollege.com.au)  
**@discoverycollegeconnect**

## Youth Advisory Committee (YAC)

The YAC are a passionate team of mental health advocates & headspace ambassadors. Together, we start conversations about mental health in the community, lead projects & advise headspace on youth mental health.

**Contact Ash Thornton if you are interested in volunteering with us!**

## Volunteer Space

A catch up and debrief space run by volunteers for volunteers!

**Contact Ash Thornton if you are interested in volunteering with us!**

YES

Want to get involved?

NO

That's okay.  
Let us know if you  
change your mind!

Yep! I'm between 16-25 years & have permission from my guardian if I'm under 18.  
I'm connected to headspace or another professional support.  
(Please contact us if this isn't you to chat about your options).

The next step is to decide what  
you're interested in.  
Pick as many as you want.

**peer support groups**

Young people meet to share lived experience of mental health challenges, learn from each other and as well as provide a level of understanding that may not be found by others

**groups**

Usually facilitated by clinicians. We get told by our young people that they often attend these groups to build life skills, connect with others, explore new interests or add structure to their day

**committees**

Run by young people for young people. We provide feedback directly to the headspace team, advocate for young people's needs and work on projects with the centre.

Anyone can come to discovery college

Co-produced courses about mental health & wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn!

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



@discoverycollegeconnect

Found something you'd like to give a try?

YES

Sounds good!  
Contact the recovery team at  
[headspacegroups@alfred.org.au](mailto:headspacegroups@alfred.org.au) or 0429 183 643 to set up a welcome appointment with us.

NO

Ideas on how to improve our program?  
We're open to feedback.  
Contact us & let us know.