

headspace Programs

Spring Holiday Program 2017

September/October 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
25 Music Group 3.30-5pm YAC 5-7pm	26 Collingwood Children's Farm Outing ** 10.30am-15.30pm	27 Boardgames 2:30-4:00pm	28 Echoes 3:30-4:30pm	29 Grand Final Public Holiday
2 Pawsitive Dog Walkers 12:30 – 1:30pm Peer Space 5-6.30pm	3	4 Veggie Gardening GARDEN PARTY! 11am-1pm	5 Table Tennis Tournament 2-4pm Prism	6
<p>** These outings have limited places available and are often only available to those who have already attended programs with headspace Bentleigh.</p>				

headspace Programs

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 Party: Have you seen what's been growing over the winter months? Come join our garden party! BBQ lunch in the garden. Contact person: Olivia Hunt

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

Boardgames: UNO! Perhaps Jenga, Trouble, or maybe a little chess? Join us for a fun afternoon, you're welcome to bring any games you may wish to play! Contact person: Sarah Rijs

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

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

Echoes: This is a peer support group for young people who hear, see or sense things that other people don't. Contact Person: Katie Wilson

Collingwood Children's Farm: Join us for a trip to the Collingwood Children's farm. We will explore what the farm has to offer and visit the animals. Plus a buffet style donation lunch . Bookings and RSVP are essential. Contact Person: Sarah Rijs

Pawsitive Dog Walkers: What better way to start the week! Join us on Monday morning for a walk and a play with the pooches of headspace! Contact person: Ash Thornton.

Table Tennis Tournament: **Table Tennis:** Join us for our Table Tennis Tournament! Everyone is welcome and we will have a coach for those who are wanting to learn. Contact Person: Nancy Pepper

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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