

headspace Programs



January / February 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
28 Australia Day PH	29 *Out n About 2:00 – 3:30/4pm	30	31 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	1 Food Explorers 11.30am-1.30pm In Your Write Mind: Exploring creative writing & recovery 10am – 4pm
4	5 Pawsative Dog walking 10:00-11:00am	6	7 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	8 Food Explorers 11.30am-1.30pm Echoes 3.00 – 4.30pm
11 YAC 5-7pm	12 *Out n About 2:00 – 3:30/4pm	13 ** Outing - Saints Active 3-5pm	14 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	15
18 Peer Space 3:30-5pm	19 Pawsative Dog walking 10:00-11:00am	20 ** Outing - Saints Active 3-5pm	21 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	22 Food Explorers 11.30am-1.30pm
25 Lifesavers 2.30- 4pm YAC 5-7pm	26	27 ** Outing - Saints Active 3-5pm	KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups ** Indicates RSVP required as there are limited places available	

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March/ April 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups * Indicates this is a closed group with limited places			28 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	1 In Someone Else's Shoes: Different ways of understanding 10am – 4pm
4 Peer Space 3:30-5pm	5 Pawsative Dog walking 10:00-11:00am	6 ** Outing - Saints Active 3-5pm	7 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	8 Food Explorers 11.30am-1.30pm Echoes 3.00 – 4.30pm
10 Labour Day Public Holiday	12 *Out n About 2:00 – 3:30/4pm	13 ** Outing - Saints Active 3-5pm	14 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	15 Food Explorers 11.30am-1.30pm Mind+ Body: EXERCISE 1 – 4pm
18 Peer Space 3:30-5pm	19 Pawsative Dog walking 10:00-11:00am	20 ** Outing - Saints Active 3-5pm	21 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	22 Food Explorers 11.30am-1.30pm Mind+ Body: EXERCISE 1 – 4pm
24 Lifesavers 2.30- 4pm YAC 5-7pm	25 *Out n About 2:00 – 3:30/4pm	26 Breaking the Taboo: Giving a voice to the topic of suicide 1 – 4pm	27 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	28 Food Explorers 11.30am-1.30pm Breaking the Taboo: Giving a voice to the topic of suicide 1 – 4pm

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April 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Peer Space 3:30-5pm	2 Pawsative Dog walking 10:00-11:00am	3	4 Table Tennis 1:00-2:30pm Move your body! 2:30-3:30pm Prism	5 Food Explorers 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.

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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.

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 Jay-Howell

Discovery College Courses: A place where people come together to learn from each other, share experiences, and reach a new understanding of mental health, Please refer to Discovery College enrolment and information form for additoinal information or contact Andrew Foster

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 H or Olivia H

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

Out n About Group: 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: Sarah H or Olivia Hunt.

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

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

Table Tennis: Join us for Table Tennis on Thursday afternoons! Everyone is welcome and we will have a coach for those who are wanting to learn. 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.

Pawsative Dog Walkers: Join us on Tuesday morning for a walk and a play with the pooches of headspace and get those happy doggie vibes Contact person: Olivia H

ECHOES- Peer led group to explore your own experience with voice hearing or extra sensory experiences. 16-25 year olds.
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 ALF st kilda community coaches Meet at Headspace Bentleigh 3pm and return by 5pm Contact person: Brittany H.

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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

Please note most of 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 Olivia Hunt or Sarah Hewett to discuss further.