

APRIL/ MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 ANZAC DAY	26 Peer Space 4:00 – 5:00pm	27 Vic Park Adventure Program** Introductory session 1-2pm	28	29 Gardening Group** 3:30-4:30pm
2 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	3	4 Vic Park Adventure Program** 10-3pm	5 Breaking the Taboo: Giving a voice to the topic of suicide 10:30am-12:30pm online Prism 4:30 – 5:30pm	6 Games Gang 4-5pm
9 Walk and talk** 1-2pm	10 Peer Space 4:00 – 5:00pm	11 Vic Park Adventure Program** 10-3pm	12 Photography workshop Shutter Club Online introductory session 3-4:30pm	13 Gardening Group** 3:30-4:30pm
16 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	17 Different shoes. Different views. 11am-3:00pm @ Kingston Arts Center	18 Vic Park Adventure Program** 10-3pm	19 Prism 4:30 – 5:30pm	20 Games Gang 4-5pm
KEY ** in person Groups	Peer Support Groups	Groups	Committees	discovery college

MAY/JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Walk and talk** 1-2pm	24 Peer Space 4:00 – 5:00pm	25 Vic Park Adventure Program** 10-3pm	26 Photography workshop** Shutter Club 1-4pm	27 Gardening Group** 3:30-4:30pm
30 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	31	1	2 Prism 4:30 – 5:30pm	3 Games Gang 4-5pm
6 Walk and talk** 1-2pm	7 What is it about medication? 10:30am-1:30pm online Peer Space 4:00 – 5:00pm	8 Vic Park Adventure Program** 10-3pm	9 Photography workshop Shutter Club 3-4:30pm	10 Gardening Group** 3:30-4:30pm
13 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	14	15	16 Prism 4:30 – 5:30pm	17 Games Gang 4-5pm
KEY ** in person Groups	Peer Support Groups	Groups	Committees	discovery college

JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Walk and talk** 1-2pm	21 Peer Space 4:00 – 5:00pm	22	23	24 Gardening Group** 3:30-4:30pm
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PRISM

with Max (she/they) and Ash (they/them)

Your local LGBTIQA+ Peer Support space! We have chats, we play games, but most of all we support each other to be ourselves. It is okay to ask questions. Your feelings and experiences are valid!

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!

PEER SPACE

with Issy (she/her) & Riley(he/him)

A group where those with lived experience can connect, unpack and inspire. Participants support each other by sharing experiences, hope and strength to tackle life's challenges.

GAMES GANG

With Issy (she/her) & Riley (he/him)

Looking to level up or cure your 'board-om'?

Join us online for some multiplayer board games, Jackbox and more...

Discovery college

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

Contact Claire on 0407 861 205 or visit:
www.discovery.college
[@discoverycollegeconnect](https://www.instagram.com/discoverycollegeconnect)

GARDENING GROUP

Green Thumb

With Harriet (she/her) & Abbi (she/her)

Get outside, meet like-minded people, learn some gardening tricks and eat yummy fresh herbs and veggies...
Unbe-leaf-able!!

WALK & TALK

with Loren(she/her) & Mary (she/her)

Join us for a leisurely walk local to headspace Bentleigh. A great opportunity to socialize and meet new people.

PARKS VIC ADVENTURE PROGRAM WILD with Loren (she/her) and Tim (he/him)

We've scored a grant from Parks VIC !

Join us for our outdoor recreation program.
Kayaking and hiking galore!

Limited places will be available

PHOTOGRAPHY WORKSHOP

The Shutter Club

With Issy (she/her), Loren (she/her)
Develop your photography skills & see the world through a different lens
Learn the tips and tricks of taking great shots
No previous experience required!

Want to get involved?

YES

I'm 16 - 25 years old.

I'm connected to headspace or another professional support.

If under 18, I have guardian permission.

Groups
Usually facilitated by clinicians. Young people say they attend 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 give feedback directly to headspace, advocate for young people's needs and work on projects with the centre.

Peer Support Groups
Young people meet to share lived experience of mental health challenges, learn from each other and provide a level of understanding that might not be found by others.

NO

Contact us to chat about options.



Another option?

Anyone can come to

discovery college.

Co-produced courses about mental health and wellbeing. It's for young people, professionals, family and friends or anyone who wants to learn.

www.discovery.college
[@discoverycollegeconnect](https://www.instagram.com/discoverycollegeconnect)

Found something you'd like to try?

YES

Contact us to get involved:
headspacegroups@alfred.org.au
9076 9400

NO

Ideas on how to improve our program?
We love feedback so let us know.

