

headspace Programs

Term 3



July/ August 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
15 Lifesavers 2.30- 4pm YAC 5-7pm	16 Pawsative Dog walking 10:00-11:00am	17	18 Move your body! 2:30-3:30pm Table Tennis 1:30-2:30pm Prism	19 Food Explorers 11.30am-1.30pm Chill'n'Chat 4:00-5:30pm
22 Peer Space 3:30-5pm	23 Pawsative Dog walking 10:00-11:00am	24	25 Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm Prism	26 Food Explorers 11.30am-1.30pm Chill'n'Chat 4:00-5:30pm
29 Lifesavers 2.30- 4pm YAC 5-7pm	30 Pawsative Dog walking 10:00-11:00am Making Sense of Your Senses 12-4pm	31	1 Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm Prism	2 Food Explorers 11.30am-1.30pm Chill'n'Chat 4:00-5:30pm
5 Peer Space 3:30-5pm	6 Pawsative Dog walking 10:00-11:00am	7	8 Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm Prism	9 Food Explorers 11.30am-1.30pm Chill'n'Chat 4:00-5:30pm
12 Lifesavers 2.30- 4pm YAC 5-7pm	13 Pawsative Dog walking 10:00-11:00am How to adult 3:30-5:00pm	14	15 Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm Prism	16 Food Explorers 11.30am-1.30pm Chill'n'Chat 4:00-5:30pm

** These outings have limited places available, may be closed and are often only available to those who have already attended programs with headspace Bentleigh.

headspace Programs

Term 3



19	20	21	22	23
Peer Space 3:30-5pm	Pawsative Dog walking 10:00-11:00am How to adult 3:30-5:00pm		Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm Prism	Food Explorers 11.30am-1.30pm Chill'n'Chat 4:00-5:30pm
26	27	28	29	30
Lifesavers 2.30- 4pm YAC 5-7pm	Pawsative Dog walking 10:00-11:00am How to adult 3:30-5:00pm		Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm Prism	Food Explorers 11.30am-1.30pm Chill'n'Chat 4:00-5:30pm

KEY
Groups
Discovery College Courses – enrolment required
Committees
Peer Support Groups
 * Indicates this is a closed group with limited places available

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Peer Space 3:30-5pm	3 Pawsative Dog walking 10:00-11:00am	4 VTAC ready- 3:30-5:30pm	5 Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm Prism	6 Food Explorers 11.30am-1.30pm Chill'n'Chat 4:00-5:30pm

** These outings have limited places available, may be closed and are often only available to those who have already attended programs with headspace Bentleigh.

headspace Programs

Term 3



<p>9</p> <p>Lifesavers 2.30- 4pm</p> <p>YAC 5-7pm</p>	<p>10</p> <p>Pawsative Dog walking 10:00-11:00am</p>	<p>11</p> <p>Mindfulness: PART A 12 – 3pm</p> <p>VTAC ready- 3:30-5:30pm</p>	<p>12</p> <p>Table Tennis 1:30-2:30pm</p> <p>Move your body! 2:30-3:30pm</p> <p>Prism</p>	<p>13</p> <p>Food Explorers 11.30am-1.30pm</p> <p>Chill'n'Chat 4:00-5:30pm</p>
<p>16</p> <p>Peer Space 3:30-5pm</p>	<p>17</p> <p>Pawsative Dog walking 10:00-11:00am</p>	<p>18</p> <p>What is it about Medication? 10am-1pm (Run from Alfred CYMHS, 999 Nepean Highway, Moorabbin)</p>	<p>19</p> <p>Table Tennis 1:30-2:30pm</p> <p>Move your body! 2:30-3:30pm</p> <p>Prism</p>	<p>20</p> <p>Food Explorers 11.30am-1.30pm</p> <p>Chill'n'Chat 4:00-5:30pm</p>

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.

**** These outings have limited places available, may be closed and are often only available to those who have already attended programs with headspace Bentleigh.**

headspace Programs

Term 3



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

Pawsative Dog Walkers: What better way to get active and Join us on Tuesday morning for a walk and a play with the pooches of headspace!
Contact person: Olivia Hunt

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

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

Chill'n'Chat: Open studio, social/ art space. Come along for snacks, creative activities and great conversation

Ages 12-17. All welcome, no art skills required Contact Person: Olivia Hunt

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 additional information or contact Andrew Foster

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

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.

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

How to Adult: Wondering how to go about moving out of home? or what makes a good housemate? maybe budgeting is an issue? come join us for a 3 week crash course on "Adulting". Contact person: Sarah Hewett

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

VTAC Ready: 2 week group to support year 12 and mature aged students submit VTAC preferences and SEAS. Contact Person: Catherine Gayed.

**** These outings have limited places available, may be closed and are often only available to those who have already attended programs with headspace Bentleigh.**

headspace Programs

Term 3



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.

**** These outings have limited places available, may be closed and are often only available to those who have already attended programs with headspace Bentleigh.**