

# Headspace ONLINE Group Programs

## Term 2



April 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
8 <b>KEY</b> Groups Discovery College courses – enrolment required Committees Peer support groups ** Due to the online nature of groups, please RSVP		8	9	10 <b>Good Friday Public Holiday</b>
13 <b>Easter Monday Public Holiday</b>	14 <b>First day of term 2</b> <b>How to Adult**</b> 2.00pm-3.00pm	15 <b>Wellness Wednesday**</b> 2.00-3.00pm	16 <b>Prism**</b> 4.30-5.30pm	17 <b>Treat yo' self**</b> 1.00pm-2.00pm
20 <b>Peer Space**</b> 3.30-4.30pm <b>YAC 5.00-7.00pm**</b>	21 <b>How to Adult**</b> 2.00pm-3.00pm	22 <b>Wellness Wednesday**</b> 2.00-3.00pm	23 <b>Crafternoon**</b> 2.30-3.30pm <b>Prism**</b> 4.30-5.30pm	24 <b>Treat yo' self**</b> 1.00pm-2.00pm
27 <b>Peer Space**</b> 3.30-4.30pm <b>YAC Social 5.00-6.00pm**</b>	28 <b>How to Adult**</b> 2.00pm-3.00pm	29 <b>Wellness Wednesday**</b> 2.00-3.00pm	30 <b>EarthSpace**</b> 1.00-2.00pm <b>Crafternoon**</b> 2.30-3.30pm <b>Prism**</b> 4.30-5.30pm	1 <b>Treat yo' self**</b> 1.00pm-2.00pm

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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### 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 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 Emily Wilson or Cassie Rowe to discuss further.

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## **\*\*Prism**

Pride group for all the 16-25 year olds looking for support, friends and community. Yes, we mean rainbow pride! At the moment we meet online!

**Contact person: Ash Thornton**

## **\*\*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 to meet online!

**Contact person: Ash Thornton**

## **\*\*How To Adult**

Join us online to learn all the life-skills you didn't learn at school! A group to discuss money, living independently, jobs and more

**Contact person: Cassie Rowe or Emily Wilson**

## **\*\*Crafternoon**

Open online studio, social/ art space. Join us to work on creative activities, discuss ideas and show off your work! Not to mention the great conversation

All welcome, no art skills required

**Contact person: Emily Wilson**

## **\*\*Peer Space**

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

**Contact person: Mark Campbell**

## **Discovery College Courses**

A place where people come together to learn from each other, share experiences, and reach a new understanding of mental health. Free with refreshments!

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

Facebook & Instagram  
[@discoverycollegeconnect](https://www.instagram.com/discoverycollegeconnect)

0407 861 205

## **\*\*Wellness Wednesdays**

An online space to explore healthy lifestyle and mindful movement. Suitable for all fitness and skills levels.

**Contact person: Brittany Herbert**

## **\*\*Treat yo self:**

An hour dedicated to self care! We will meet online to talk about mindfulness, routine, structure and other ways to look after ourselves during hard times.

**Contact person: Emily Wilson or Cassie Rowe**

## **\*\*EarthSpace**

A little green space to come together and explore connection and care to each other and nature. Exploring all things climate change, land-care, regeneration and activism.

**Contact person: Joseph Borellini**

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