

# headspace Programs

October 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>8</p> <p><b>Pawsitive Dog Walking</b> 4-5pm</p> <p><b>YAC</b> 5-7pm</p>	<p>9</p> <p><b>Lifesavers</b> 2.00-3.30pm</p>	<p>10</p> <p><b>Good Cycles</b></p> <p><b>Learn 2 Skate</b> 12:00-1.30pm</p> <p><b>Making Sense of your Senses – Part A</b> 12 – 4pm</p> <p><b>VCE Study group</b> 4:00-5:30pm</p>	<p>11</p> <p><b>Table Tennis</b> 1:00-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm</p> <p><b>Prism</b></p>	<p>12</p> <p><b>Food Explorers</b> 11.30am-1.30pm</p>
<p>15</p> <p><b>Peer Space</b> 3.30– 5:00pm</p>	<p>16</p> <p><b>Creative Minds</b> 12:30 – 2pm</p> <p><b>Veggie Gardening</b> 2:00pm-3pm</p> <p><b>Music Group</b> 3:30- 5:00pm</p>	<p>17</p> <p><b>Good Cycles</b></p> <p><b>Learn 2 Skate</b> 12:00-1.30pm</p> <p><b>Making Sense of your Senses – Part B</b> 1:30 – 4pm</p> <p><b>VCE Study group</b> 4:00-5:30pm</p>	<p>18</p> <p><b>Table Tennis</b> 1:00-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm</p> <p><b>Prism</b></p> <p><b>Breaking the Taboo: giving a voice to the topic of suicide</b> 1 – 4pm</p>	<p>19</p> <p><b>Food Explorers</b> 11.30am-1.30pm</p> <p><b>Echoes</b> 3:30-4.30pm</p> <p><b>Breaking the Taboo: giving a voice to the topic of suicide</b> 1 – 4pm</p>

# headspace Programs

<p>22</p> <p><b>Pawsitive Dog Walking</b> 4-5</p> <p><b>YAC</b> 5-7pm</p>	<p>23</p> <p><b>Lifesavers</b> 2.00-3.30pm</p> <p><b>Music Group</b> 3:30- 5:00pm</p>	<p>24</p> <p><b>Learn 2 Skate</b> 12:00-1.30pm</p> <p><b>AOD group-At Taskforce</b> 3:00-4:30pm</p> <p><b>Making Sense of your Senses – Part B</b> 1:30 – 4pm</p> <p><b>VCE Study group</b> 4:00-5:30pm</p>	<p>25</p> <p><b>Table Tennis</b> 1:00-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm</p> <p><b>Prism</b></p>	<p>26</p> <p><b>Food Explorers</b> 11.30am-1.30pm</p>
<p>29</p> <p><b>Peer Space</b> 3.30– 5:00pm</p>	<p>30</p> <p><b>Creative Minds</b> 12:30 – 2pm</p> <p><b>Music Group</b> 3:30- 5:00pm</p>	<p>31</p> <p><b>Learn 2 Skate</b> 12:00-1.30pm</p> <p><b>AOD group-At Taskforce</b> 3:00-4:30pm</p> <p><b>Making Sense of your Senses – Part B</b> 1:30 – 4pm</p>	<p><b>KEY</b></p> <p><b>Groups</b></p> <p><b>Discovery College Courses – enrolment required</b></p> <p><b>Committees</b></p> <p><b>Peer Support Groups</b></p>	
Empty row for additional programs				

# headspace Programs

November 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>KEY</b> <b>Groups</b> <b>Discovery College Courses – enrolment required</b> <b>Committees</b> <b>Peer Support Groups</b>			1 <b>Table Tennis</b> 1:00-2:30pm  <b>Move your body!</b> 2:30-3:30pm  <b>Prism</b>	2 <b>Food Explorers</b> 11.30am-1.30pm  <b>Echoes</b> 3:30-4.30pm <b>What is a diagnosis?</b> 12:30 – 3:30pm
5  <b>Pawsitive Dog Walking</b> 4-5pm  <b>YAC</b> 5-7pm	6  <b>MELBOURNE CUP</b>	7  <b>Learn 2 Skate</b> 12:00-1.30pm  <b>AOD group-At Taskforce</b> 3:00-4:30pm	8  <b>Table Tennis</b> 1:00-2:30pm  <b>Move your body!</b> 2:30-3:30pm  <b>Prism</b>	9  <b>Food Explorers</b> 11.30am-1.30pm
12  <b>Peer Space</b> 3.30 - 5pm	13  <b>Creative Minds</b> 12:30 – 2pm  <b>Veggie Gardening</b> 2:00pm-3pm  <b>Music Group</b> 3:30- 5:00pm	14  <b>Learn 2 Skate</b> 12:00-1.30pm  <b>AOD group-At Taskforce</b> 3:00-4:30pm	15  <b>Table Tennis</b> 1:00-2:30pm  <b>Move your body!</b> 2:30-3:30pm  <b>Prism</b>	16  <b>Food Explorers</b> 11.30am-1.30pm  <b>Echoes</b> 3:30-4.30pm <b>What is creativity?</b> 12 – 3pm

## headspace Programs

19 <b>Pawsitive Dog Walking</b> 4-5pm <b>YAC</b> 5-7pm	20 <b>Lifesavers</b> <b>2.00-3.30pm</b> <b>Music Group</b> 3:30- 5:00pm	21 <b>Learn 2 Skate</b> 12:00-1.30pm <b>AOD group-At Taskforce</b> 3:00-4:30pm	22 <b>Table Tennis</b> 1:00-2:30pm <b>Move your body!</b> 2:30-3:30pm <b>Prism</b>	23 <b>**Food Explorers &amp; South Melbourne Market Outing</b> 10.30am-3.00pm <b>What is creativity?</b> 12 – 3pm
26 <b>Peer Space</b> 3.30 – 5.00pm	27 <b>Creative Minds</b> 12:30 – 2pm <b>Music Group</b> 3:30- 5:00pm	28 <b>Learn 2 Skate</b> 12:00-1.30pm <b>AOD group-At Taskforce</b> 3:00-4:30pm	29 <b>Table Tennis</b> 1:00-2:30pm <b>Move your body!</b> 2:30-3:30pm <b>Prism</b>	30 <b>Food Explorers</b> 11.30am-1.30pm <b>Echoes</b> 3:30-4.30pm

## December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>KEY</b> <b>Groups</b> <b>Discovery College Courses – enrolment required</b> <b>Committees</b> <b>Peer Support Groups</b>				
3 <b>Pawsitive Dog Walking</b> 4-5pm <b>YAC</b> 5-7pm	4 <b>**Outing-Myuna Farm</b> 10:00-2:00pm <b>Lifesavers</b> <b>2.00- 3.30pm</b> <b>Music Group</b> 3:30- 5:00pm	5 <b>Learn 2 Skate</b> 12:00-1.30pm <b>AOD group-At Taskforce</b> 3:00-4:30pm	6 <b>Table Tennis</b> 1:00-2:30pm <b>Move your body!</b> 2:30-3:30pm <b>Prism</b>	7 <b>Food Explorers</b> 11.30am-1.30pm

## headspace Programs

<p>10</p> <p><b>Peer Space</b> 3.30-5.00pm</p>	<p>11</p> <p><b>Creative Minds</b> 12:30 – 2pm</p> <p><b>Veggie Gardening</b> 2:00pm-3pm</p> <p><b>Music Group</b> 3:30- 5:00pm</p>	<p>12</p> <p><b>Learn 2 Skate</b> 12:00-1.30pm</p> <p><b>AOD group-At Taskforce</b> 3:00-4:30pm</p>	<p>13</p> <p><b>Table Tennis</b> 1:00-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm</p> <p><b>Prism</b></p>	<p>14</p> <p><b>Food Explorers</b> 11.30am-1.30pm</p> <p><b>Echoes</b> 3:30-4.30pm</p>
<p>17</p> <p><b>Pawsitive Dog Walking</b> 4-5pm</p> <p><b>YAC</b> 5-7pm</p>	<p>18</p> <p><b>Lifesavers</b> 2.00- 3.30pm</p>	<p>19</p> <p><b>AOD group-At Taskforce</b> 3:00-4:30pm</p>	<p>20</p> <p><b>Table Tennis</b> 1:00-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm</p> <p><b>Prism</b></p>	<p>21</p>

**\*\* These outings have limited places available and are often only available to those who have already attended programs with headspace Bentleigh please contact Sarah R or Olivia H to reserve your space.**

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.

# headspace Programs

**Learn 2 Skate-** Want to learn to skate in a group environment? Make new friends and learn new skills? All skill levels welcome. Boards provided. Bring a helmet if you can.

Contact person: Ash Thornton

**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

**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 Rijs

**Pawsative Dog Walkers:** What better way to start the week! Join us on Monday afternoon for a walk and a play with the pooches of headspace! Contact person: Pru Howell-Jay

**Music Group:** Ever wondered what it would be like to write, record and produce original music? Look no further! Limited spots are available for a small group to experience what it's like to operate professional recording equipment and instruments! Contact person: Olivia Hunt

**Creative Minds:** Join us for a cup of tea and some time to work on a creative project of your choice or bring your own. Contact Person: Sarah Rijs or Olivia Hunt.

**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

**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

**ECHOES-** Peer led group to explore your own experience with voice hearing or extra sensory experiences. Hearing, seeing or sensing things that others don't is kind of our thing. 16-25 year olds. Contact person: Ash Thornton

**South Melbourne Market & food Explorers Outing:** This week in food explorers we will all travel to South Melbourne Market to source fresh ingredients for our recipes. RSVP required: limited places available. Sarah Rijs

**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.

**Myuna Farm Outing:** Join us for a day out at Myuna community farm. We will have a lunch together and visit a range of different animals including Alpaca, Donkey, Goats and Pigs. Limited places available, contact person Sarah Rijs or Olivia Hunt.

**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

**AOD Group - At Taskforce**  
Peer led group to talk all things drugs and alcohol.  
Contact person: Ash Thornton

**VCE study Group-** This 4-week peer led group is for VCE students who are looking for a space to discuss the pressures that come along with the last two years of high school studies. Contact Person: Pru Howell-jay.

**Veggie gardening:** Are you a keen gardener or want to learn? We need your help! You are also welcome to come help water the garden or pick veggies from there during the week, Contact person: Olivia Hunt.

**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

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

## headspace Programs

### 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 groups are suitable for young people aged 16-25. Young people under the age of 18 we require parent/guardian consent to engage with the headspace group 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 Rijs to discuss further.