

headspace Programs

Spring Holidays

September/October 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
23 YAC 5-7pm	24 Movies Afternoon @headspace Bentleigh 1:00-3:00pm	25 Beach Walk ** 2:00-4:00pm	26	27 AFL Grandfinal Public Holiday
30	1	2 Animal Connections Part 1: Collingwood Childrens Farm Outing** 10.30am-3.30pm	3 Move your Body 2:30- 3:30pm	4 Chill n chat group (12-17) 11:00am- 3:00pm
KEY Groups Committees Peer Support Groups No holiday program				

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

For all new group registrations please contact 9076 9400 or email headspacegroups@alfred.org.au and arrange a welcome appointment. For further information about the activities and key contact see below.

headspace Programs

Collingwood Childrens Farm & Abbotsford Convent: This is the first of three outings in October in our Animal Connections Program. Bring your own lunch or some money to buy lunch at lentil as anything at abbotsford convent, followed by a visit to Collingwood Childrens Farm. Limited places RSVP & consent form required. Ages 16 and over. 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.

Movie Afternoon @ headspace Bentleigh: Join us for a movie at headspace Bentleigh, we will provide the popcorn. Contact Person: Sarah Hewett

Youth advisory committee (YAC): Open to people aged 18 to 25 who have an interest in mental health and would like to be a part of a great team of volunteers and learn new skills. Contact person: Ash Thornton

Beach Walk: What better way to finish strong in September than joining us for a walk along the beach. Meet at headspace Bentleigh, bring your own hat, sunscreen and water bottle. RSVP and Consent form required. 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: Sarah Hewett

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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