

OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Term 4 Starts!	5	6	7 Creative Minds 2:30 – 3:30pm Prism 4:30 – 5:30pm	8
11 Youth Advisory Committee ** 5:00 - 7:00pm	12 Brain Training** 2:00 – 3:00pm Peer Space 4:00 – 5:00pm	13 Wellness Wednesday 1:00 – 2:00pm	14 Creative Minds 2:30 – 3:30pm	15
18 DBT Skills Group** 1:00 – 2:30pm	19 Brain Training** 2:00 – 3:00pm	20 Wellness Wednesday 1:00 – 2:00pm	21 Creative Minds 2:30 – 3:30pm Prism 4:30 – 5:30pm	22
25 DBT Skills Group** 1:00 – 2:30pm Youth Advisory Committee ** 5:00 - 7:00pm	26 Brain Training** 2:00 – 3:00pm Peer Space 4:00 – 5:00pm	27 Wellness Wednesday 1:00 – 2:00pm	28 Making Sense of Your Senses 10:30am – 12:30pm Creative Minds 2:30 – 3:30pm	29
KEY ** Closed Groups	Peer Support Groups	Groups	Committees	discovery college

NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No DBT Group Today!	2 Melbourne Cup Public Holiday. No groups today!	3 Wellness Wednesday 1:00 – 2:00pm	4 Creative Minds 2:30 – 3:30pm Prism 4:30 – 5:30pm	5
8 DBT Skills Group** 1:00 – 2:30pm Youth Advisory Committee ** 5:00 - 7:00pm	9 Brain Training** 2:00 – 3:00pm Peer Space 4:00 – 5:00pm	10 Wellness Wednesday 1:00 – 2:00pm	11 Creative Minds 2:30 – 3:30pm	12
15 DBT Skills Group** 1:00 – 2:30pm	16 Brain Training** 2:00 – 3:00pm	17 Wellness Wednesday 1:00 – 2:00pm Collaborative planning of Parks VIC Adventure Groups** 2:30 – 3:30pm	18 Creative Minds 2:30 – 3:30pm Prism 4:30 – 5:30pm	19
22 DBT Skills Group** 1:00 – 2:30pm Youth Advisory Committee ** 5:00 - 7:00pm	23 Brain Training** 2:00 – 3:00pm Peer Space 4:00 – 5:00pm	24 Wellness Wednesday 1:00 – 2:00pm	25 Creative Minds 2:30 – 3:30pm	26
KEY ** Closed Groups	Peer Support Groups	Groups	Committees	discovery college

NOVEMBER / DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 DBT Skills Group** 1:00 – 2:30pm	30	1 Wellness Wednesday 1:00 – 2:00pm	2 Creative Minds 2:30 – 3:30pm Prism 4:30 – 5:30pm	3
6 DBT Skills Group** 1:00 – 2:30pm	7 Peer Space 4:00 – 5:00pm	8	9 Creative Minds 2:30 – 3:30pm	10
13 DBT Skills Group** 1:00 – 2:30pm	14	15	16 Creative Minds 2:30 – 3:30pm Prism 4:30 – 5:30pm	17 LAST DAY OF TIMETABLE!
KEY ** Closed Group	Peer Support Groups	Groups	Committees	discovery college

PRISM

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

Your local LGBTIQ+ 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) & Charlie (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.

Creative Minds

with Issy (she/her) & Hilary (she/her)

An online creative space, taking on a more musical focus for term 4! Ever heard of music therapy? Join us to explore the benefits of music, get creative and just have some fun! No experience required.

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)

DBT Skills Group

with Emily (she/her) & Nicola (she/her)

This is a closed group that requires referral from a headspace clinician. Please speak to your headspace case manager if you are interested in future DBT Skills Groups.

Wellness Wednesday

with Britt (she/her) & Co.

Join us every Wednesday for some dedicated YOU time! Together we will be exploring all things health & wellness. Topics might include self-care, mindful movement, how to build a routine, motivation and more!

Parks VIC Adventure Group Planning

We want to hear from you! What should our outdoor recreation program in 2022 look like? Kayaking, sailing, rock-climbing? We've scored a grant from Parks VIC and who better to help us design a program for YOU other than YOU!?

Limited places
Vouchers available for your time.
RSVP to headspacegroups@alfred.org.au
or 9076 9400

Brain Training

with Jacquie (she/her) & Helen (she/her)

Are you linked to the headspace Early Psychosis service and having difficulties with attention and memory? Then this group might be for you! It aims to teach strategies to help improve these thinking skills. Speak to your case manager about referral today!

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.

