

headspace Programs

Winter Holidays

| July 2019 | | | | |
|---|---|--|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 YAC 5-7pm | 2 Wiii Games 1:00-3:00pm | 3 **Seaford indoor sports outing 1:00pm- 3:00pm | 4 Move your Body 2:30- 3:30pm | 5 Christmas in July Baking Group 11:30am- 2:00pm |
| 8 | 9 Boardgames 1:30pm-3:30pm | 10 | 11 Table Tennis Tournament 1:30-2:30pm | 12 Chill n chat group (12-17) 10:00- 2:00pm What is creativity? 10am – 4pm <small>(Run from Alfred CYMHS, 999 Nepean Highway, Moorabbin)</small> |
| KEY Groups Committees Peer Support Groups No holiday program | | | | |

** These outings have limited places available and are often 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

Christmas in July Baking group: Come join us for a christmas in July themed cooking and baking group here at Bentleigh! wear your christmas jumpers! Contact person: Olivia Hunt

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

Table Tennis Tournament: Join us for our Table Tennis Tournament! Everyone is welcome and we will have a coach for those who are wanting to learn. Contact Person: Brittany Herbert

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

Prism: This peer led group is for 16 to 25 year olds who are questioning, queer, transgender and everything in between (or outside the box!) Contact Person: Ash Thornton

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

Wii Games- Come and challenge us to a game of Wii boxing! or bowling? or tennis! we will be having snacks and some healthy Wii competition! Contact person: Olivia Hunt

Boardgames: UNO! Perhaps Jenga, Trouble, or maybe a little chess? Join us for a fun afternoon, you're welcome to bring any games you may wish to play! 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.

Seaford indoor sports outing: Its cold! but lets keep active! indoor soccer? indppr basketball? come play some sports down at Seaford! Contact person: Brittany Herbert.

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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