

headspace Werribee Groups Timetable *Term 2- 2017*



Monday	Tuesday	Wednesday	Wednesday
<p>Creative Writing</p> <p>A fun & interactive group that gives you the opportunity to build self-awareness and confidence through creative writing in a safe and supportive space.</p> <p>Who: Young people aged 14-25 years.</p> <p>When: 24th April- 26th June 4pm- 5:30pm</p> <p>Interested? Contact Access Team on 8001 2366</p>	<p>Global Ambassadors Program (GAP)</p> <p>An 8 week group program for young people from culturally diverse backgrounds aiming to develop life skills, build identity and confidence, and improve relationships</p> <p>Who: Young people aged 14 – 25 years</p> <p>When: 2nd May- 20th June 4pm - 5.30pm</p> <p>Interested? Contact Access Team on 8001 2366</p>	<p>Ur Space</p> <p>An 8 week group that gives you a safe space to share common experiences and try different ways to manage the things that can get in the way of living a meaningful life.</p> <p>Who: Young people aged 16-25 years</p> <p>When: 26th April- 14th June 4pm- 5.30pm</p> <p>Interested? Contact Access Team on 8001 2366</p>	<p>Shake It Up</p> <p>A 4 week program for young people who are interested in getting active and trying new and fun activities. Each week you'll get to try a different activity e.g. wheelchair basketball or ultimate Frisbee!</p> <p>Who: Young people aged 16-25 years</p> <p>When: 6th June- 27th June 4pm- 6pm</p> <p>Interested? Contact Access Team on 8001 2366</p>

All group programs are run at headspace Werribee – 5 Duncans Road Werribee