

headspace Werribee Groups Timetable



Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: center;">UR Space</p> <p>An 6 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: 4.00 – 5.30pm 27th October – 8th December</p>	<p style="text-align: center;">Peaceful Warrior</p> <p>A 3 week group program that gives you the chance to build skills to calm your mind while developing awareness of your breath, body, thoughts & feelings.</p> <p>Who: Young people aged 12-25 years.</p> <p>When: 3.30 – 4.30pm 14th October – 28th October</p> <p style="text-align: center;">Stressheads</p> <p>A group program for VCE students to manage stress</p> <p>Who: Young people in Yr12</p> <p>When: 4.30 – 5.30pm 23rd September - TBC</p>	<p style="text-align: center;">BraveART</p> <p>A free & fun art group that gives you the opportunity to explore meaning & creativity through a variety of mediums (painting, drawing, sculpting, creative writing).</p> <p>Who: Young people aged 12-18 years</p> <p>When: 4 - 5.30pm 15th October – Ongoing</p>	<p style="text-align: center;">BraveART</p> <p>A free & fun art group that gives you the opportunity to explore meaning & creativity through a variety of mediums (painting, drawing, sculpting, creative writing).</p> <p>Who: Young people aged 16 -25 years.</p> <p>When: 1.30 -3.00pm 18th September - Ongoing</p>

Interested? Contact Access Team on 8001 2366

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

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