

# ONLINE Recovery Groups

## May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
4 Peer Space 3.30-4.30pm  YAC 5.00-7.00pm	5 Game Gang 2.00pm-3.00pm  discovery convos 7:00 – 7:30pm	6 discovery convos 11:00am – 12:00pm  Wellness Wednesday 2.00-3.00pm	7 Crafternoon 2.30-3.30pm  Prism 4.30-5.30pm	8 Treat yo' self 1.00 -2.00pm  EarthSpace 3.00pm-4.00pm
11 Peer Space 3.30-4.30pm  YAC Social 5.00-6.00pm	12 Ask a Career Advisor! 2.00pm-3.00pm  discovery convos 7:00 – 7:30pm	13 discovery convos 11:00am – 12:00pm  Wellness Wednesday 2.00-3.00pm	14 Crafternoon 2.30-3.30pm  Prism 4.30-5.30pm	15 Treat yo' self 1.00 -2.00pm
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<b>KEY</b>	Peer Support Groups	Groups	Committees	discovery college

## Crafternoon

Open online art space. Join us to create, discuss ideas and share your work.

All welcome, no art skills required

Contact Emily Wilson to RSVP

## EarthSpace

A little green space to come together and explore connection and & how to care for each other and nature. Exploring all things climate change, land-care, regeneration and activism.

Contact Joseph Borellini to RSVP

## Wellness Wednesdays

An online space to explore healthy lifestyle and mindful movement. Suitable for all fitness and skills levels.

Contact Brittany Herbert to RSVP

## Game Gang

Looking to level up or cure your 'board-om'?

Join us online for some multiplayer board games, quizzes, cards, strategy games & more..

Contact Cassie Rowe or Emily Wilson to RSVP

## Ask a Career Advisor!

Keen to work on your educational or employment goals while you have time? Curious about how COVID-19 will affect the work force? Join us online to ask Catherine and Anne your questions!

Contact Cassie Rowe or Emily Wilson to RSVP

## Treat yo' self

An hour dedicated to self care! We will meet online to talk about mindfulness, routine, structure and other ways to look after ourselves during hard times.

Contact Emily Wilson or Cassie Rowe to RSVP

## Youth Advisory Committee (YAC)

Have a passion for mental health? If you are 16-25 years old, want to learn new skills, advocate, advise and be a headspace ambassador, then join our great team of volunteers to meet online!

Contact Ash Thornton to RSVP

## Prism

An online PRIDE group for all the 16-25 year olds looking for support, friends and community. Yes, we mean rainbow pride!

Contact Ash Thornton to RSVP

## Peer Space

A lived experience online group where participants work in collaboration to express themselves and achieve their goals. Common themes are social anxiety, motivation, relationships and everything in between

Contact Mark Campbell to RSVP

## discovery college

dc create & run courses about mental health & wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn.

Contact Claire [www.discovery.college](http://www.discovery.college) / 0407 861 205 @discoverycollegeconnect

# ONLINE Recovery Groups

May 2020

YES

Want to get involved?

NO

That's okay.  
Let us know if you  
change your mind!

Yep! I'm between 16-25 years & have permission from my guardian if I'm under 18.  
I'm connected to headspace or another professional support.  
(Please contact us if this isn't you to chat about your options).

The next step is to decide what  
you're interested in.  
Pick as many as you want.

## peer support groups

Young people meet to share lived experience of mental health challenges, learn from each other and as well as provide a level of understanding that may not be found by others.

## groups

Usually facilitated by clinicians. We get told by our young people that they often attend these groups 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 provide feedback directly to the headspace team, advocate for young people's needs and work on projects with the centre.

Anyone can come to discovery college

Co-produced courses about mental health & wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn!

Check out  
[www.discovery.college](http://www.discovery.college)



@discoverycollegeconnect

Found something you'd  
like to give a try?

YES

Sounds good!  
Contact the recovery team at  
[headspacegroups@alfred.org.au](mailto:headspacegroups@alfred.org.au) or 9076 9400  
to set up a welcome appointment with us.

NO

Ideas on how to improve  
our program?  
We're open to feedback.  
Contact us & let us know.