

Recovery Groups

July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
13 Term 3 begins! Peer Space 3.30-4.30pm YAC 5.00-7.00pm	14 Game Gang 3.00pm-4.00pm discovery convos Isolation & Connection 7:00 – 7:30pm	15 Wellness Wednesday 2.00-3.00pm	16 Crafternoon 2.30-3.30pm Prism 4.30-5.30pm	17 EarthSpace 3.00pm-4.00pm
20 Peer Space 3.30-4.30pm Volunteer Social 5.00-6.00pm	21 Game Gang 3.00pm-4.00pm discovery convos Isolation & Connection 7:00 – 7:30pm	22 Wellness Wednesday 2.00-3.00pm	23 Crafternoon 2.30-3.30pm Prism 4.30-5.30pm	24
27 Peer Space 3.30-4.30pm YAC 5.00-7.00pm	28 Game Gang 3.00pm-4.00pm discovery convos Isolation & Connection 7:00 – 7:30pm	29 Wellness Wednesday 2.00-3.00pm	30 Crafternoon 2.30-3.30pm Prism 4.30-5.30pm	31 EarthSpace 3.00pm-4.00pm
KEY	Peer Support Groups	Groups	Committees	discovery college

August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Peer Space 3.30-4.30pm	4 Game Gang 3.00pm-4.00pm discovery convos Isolation & Connection 7:00 – 7:30pm	5 Wellness Wednesday 2.00-3.00pm	6 Crafternoon 2.30-3.30pm Prism 4.30-5.30pm	7
10 Peer Space 3.30-4.30pm YAC 5.00-7.00pm	11 Game Gang 3.00pm-4.00pm discovery convos Isolation & Connection 7:00 – 7:30pm	12 Wellness Wednesday 2.00-3.00pm	13 Crafternoon 2.30-3.30pm Prism 4.30-5.30pm	14 EarthSpace 3.00pm-4.00pm
17 Peer Space 3.30-4.30pm Volunteer Social 5.00-6.00pm	18 Game Gang 3.00pm-4.00pm	19 Wellness Wednesday 2.00-3.00pm	20 Crafternoon 2.30-3.30pm Prism 4.30-5.30pm	21
24 Peer Space 3.30-4.30pm YAC 5.00-7.00pm	25 Game Gang 3.00pm-4.00pm	26 Wellness Wednesday 2.00-3.00pm	27 Crafternoon 2.30-3.30pm Prism 4.30-5.30pm	28 EarthSpace 3.00pm-4.00pm
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Recovery Groups

July 2020

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 Britt Herbert to RSVP

Volunteer Social

A monthly online space where our volunteers can connect to catch up and discuss ideas.

Contact Ash Thornton 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
0407 861 205
@discoverycollegeconnect

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 Emily Wilson 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!

Contact Ash Thornton to RSVP

Prism

A PRIDE Peer Support space for all the 16-25 year olds looking for support, friends and community.

Your feelings & experience are valid!

Contact Ash Thornton to RSVP

Peer Space

A lived experience 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

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



@discoverycollegeconnect

Found something you'd
like to give a try?

YES

Sounds good!
Contact the recovery team at
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.