# TERM 4 TIMETABLE OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	Understanding Self- Harm **			
Walkand talk**	<u>10am-4pm</u>	Introduction session		
<b>1-2pm</b>	Kingston Arts	Nature Space Volunteering Program **	Games Gang **	
Youth Advisory Committee		volunteering Program	3:30 – 4:30pm	
5:00 - 7:00pm	Peer Space			
	4:00 – 5:00pm			
10	11	12	13	14
		Nature Space		
Walkand talk**		Volunteering Program	Prism	Gardening Group**
<b>1-2pm</b>		Fit to Work **	4:30 – 5:30pm	3:30 – 4:30pm
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17 Walk and talk**	18	19	20	21
1-2pm		Nature Space		
	Peer Space **	Volunteering Program **	Games Gang	
Youth Advisory Committee	4:00 – 5:00pm		3:30 – 4:30pm	
5:00 - 7:00pm				
	25	26	27	28
Walk and talk**				Gardening Group**
1-2pm		Nature Space	Prism **	3:30 – 4:30pm
		Volunteering Program **	4:30 – 5:30pm	
КЕҮ	Peer Support Groups	Groups	Committees	Discovery College
** In Person Groups	Peer Support Groups	Groups	Committees	Discovery college

# **NOVEMBER 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
Walk and talk**				
1-2pm			Games Gang **	
	Peer Space	Nature Space	3:30 – 4:30pm	
Youth Advisory Committee	4:00 – 5:00pm	Volunteering Program **		
5:00 - 7:00pm				
1	8	9	10	11
Walk and talk**			Prism	Gardening
1-2pm		Nature Space	4:30 – 5:30pm	Group**
		Volunteering Program **		3:30 – 4:30pm
	15	16	17	10
L4 Walk and talk**	12	10	1/	18
	Peer Space **	Naturo Space	Games Gang	
<b>1-2pm</b>	4:00 – 5:00pm	Nature Space Volunteering Program **		
Youth Advisory Committee	4.00 – 5.00pm	volunteering Program	3:30 – 4:30pm	
5:00 - 7:00pm				
5.00 - 7.00pm				
21	22	23	24	25
Walk and talk**				
<b>1-2pm</b>		Nature Space		Gardening
		Volunteering Program **	Prism **	Group**
			4:30 – 5:30pm	3:30 – 4:30pm
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KEY ** In Person Groups	Peer Support Groups	Groups	Committees	Discovery College

## **NOVEMBER / DECEMBER**

### 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	29 Peer Space ** 4:00 – 5:00pm	30 Nature Space Volunteering Program **	1	2
5 Walk and talk** 1-2pm	6	7 Nature Space Volunteering Program **	8 Prism ** 4:30 – 5:30pm	9 Gardening Group** 3:30 – 4:30pm
12 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	13 PeerSpace ** 4:00 – 5:00pm	14	15	16
KEY ** Closed Group	Peer Support Groups	Groups	Committees	discovery college



PRISM with Max (she/they) and Ash (they/them) Your local LGBTIQA+ Peer Support space! We have chats, we play games, but most of all we support each other to be ourselves. It is okay to ask questions. Your feelings and experiences are valid!	<ul> <li>Youth Advisory Committee (YAC)</li> <li>The YAC are a passionate team of mental health advocates &amp; headspace ambassadors. Together, we start conversations about mental health in the community, lead projects &amp; advise headspace on youth mental health.</li> <li>Contact Ash Thornton if you are interested in volunteering with us!</li> </ul>	PEER SPACE with Chris (he/him) & Riley (he/him) A group where those with lived experience can connect, unpack and inspire. Participants support each other by sharing experiences, hope and strength to tackle life's challenges.
Nature Space Volunteer Project An amazing opportunity to participate in an environmental voluntary program around Port Phillip Bay, delivered in partnership with Port Phillip Ecocentre. This 10 week program will cover skill development, work experience and environmental careers and pathways.	Discovery college create & run free courses about mental health and wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn. Contact Claire on 0407 861 205 or visit: www.discovery.college @discoverycollegeconnect	GARDENING GROUP Green Thumb With Abbi <i>(she/her)</i> & Harriet (she/her) Get outside, meet like-minded people, learn some gardening tricks and eat yummy fresh herbs and veggies Unbe-leaf-able!!
Walk & talk with Loren ( <i>she/her</i> ) & Mary (she/her) Join us for a leisurely walk local to headspace Bentleigh. A great opportunity to meet new people. Together we will be exploring all things health & wellness	GAMES GANG With Ry( <i>she/her</i> ) & <i>Riley</i> ( <i>he/him</i> ) Join us for some multiplayer board games, Jackbox and an opportunity to get involved for laughter and fun	How to get involved? Email: headspacegroups@alfred.org.au Or Call one of our Recovery Groups coordinators Loren (she/her): 0437 380 112 Issy (she/her): 0436 343 067

දුටි headspace

### Want to get involved?

#### YES

I'm 16 - 25 years old. I'm connected to headspace or another professional support. If under 18, I have guardian permission.

**Groups** Usually facilitated by clinicians. Young People say they attend 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 give feedback directly to headspace, advocate for young people's needs and work on projects with the centre.

Found something you'd like to try?

Contact us to get involved: headspacegroups@alfred.org.au 9076 9400

YES

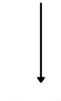
Ideas on how to improve our program? We love feedback so let us know.

NO

Peer Support Groups

NO

Contact us to chat about options.



Another option? Anyone can come to

discovery college.

Co-produced courses about mental health and wellbeing. It's for young people, profesionals, family and friends or anyone who wants to learn.

www.discovery.college

<u>@discoverycollegeconnect</u>

