

January/February 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-----------------------------------|------------------------------------|---|-------------------|
| 31 Walk and talk** 1-2pm | 1 Peer Space 4:00 – 5:00pm | 2 Creative Minds 330– 430pm | 3 | 4 |
| 7 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm | 8 | 9 Games Gang 330 - 430pm | 10 Prism 4:30 – 5:30pm | 11 |
| 14 Walk and talk** 1-2pm | 15 Peer Space 4:00 – 5:00pm | 16 Creative Minds 330– 430pm | 17 How to Adult 3:30 – 4:30pm | 18 |
| 21 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm | 22 | 23 Games Gang 330 – 430pm | 24 How to Adult 3:30 – 4:30pm Prism 4:30 – 5:30pm | 25 |
| KEY ** In Person Groups | Peer Support Groups | Groups | Committees | discovery college |

February/ March 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-----------------------------------|------------------------------------|---|-------------------|
| 28 Walk and talk** 1-2pm | 1 Peer Space 4:00 – 5:00pm | 2 Creative minds 330 – 430pm | 3 How to Adult 3:30 – 4:30pm | 4 |
| 7 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm | 8 | 9 Games Gang 330- 430pm | 10 How to Adult 3:30 – 4:30pm Prism 4:30 – 5:30pm | 11 |
| 14 LABOUR DAY | 15 Peer Space 4:00 – 5:00pm | 16 Creative minds 330-430pm | 17 How to Adult 3:30 – 4:30pm | 18 |
| 21 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm | 22 | 23 Games Gang 330-430pm | 24 How to Adult 3:30 – 4:30pm Prism 4:30 – 5:30pm | 25 |
| KEY ** In Person Groups | Peer Support Groups | Groups | Committees | discovery college |

March/ April 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------------------------------------|---------------------------------------|---------------------------------|--|
| 28 Walk and talk** 1-2pm | 29 Peer Space 4:00 – 5:00pm | 30 Creative Minds 330-430pm | 31 | 1 |
| 4 Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm | 5 | 6 Games Gang 330-430pm | 7 Prism 4:30 – 5:30pm | 8 LAST DAY OF TERM 1 PROGRAM |
| KEY ** In Person Groups | Peer Support Groups | Groups | Committees | discovery college |

Call
9076 9400

Email
headspacegroups@alfred.org.au



Follow
@headspacebentleigh

PRISM

with Max (she/they) and Ash (they/them)

Your local LGBTIQ+ 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!

Youth Advisory Committee (YAC)

The YAC are a passionate team of mental health advocates & headspace ambassadors. Together, we start conversations about mental health in the community, lead projects & advise headspace on youth mental health.

Contact Ash Thornton if you are interested in volunteering with us!

PEER SPACE

with Issy (she/her) & Charlie (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.

Creative Minds

with Issy (she/her) & Loren (she/her)

Open online creative space- visual artists, musicians, writers are all welcome!

Join us to create, discuss ideas, learn and get those ideas flowing!
All welcome, no experience required

Discovery college

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](https://www.instagram.com/discoverycollegeconnect)

Games Gang

With Issy (she/her) & Loren (she/her)

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

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

Walk & talk

with Loren (she/her) & 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

Parks VIC Adventure Group (coming soon)

We've scored a grant from Parks VIC !

Join us for our outdoor recreation program.
Kayaking and hiking galore!

Limited places will be available

How to Adult

With Abby & Loren (she/her)

Join us online to learn all the life skills you didn't get taught at school! We talk about money, living independently, jobs and more.

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.

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

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, professionals, family and friends or anyone who wants to learn.

www.discovery.college
[@discoverycollegeconnect](https://www.instagram.com/discoverycollegeconnect)

Found something you'd like to try?

YES

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

NO

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

