

headspace Groups Term 1

January/February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Walk and talk 2 - 3pm Cross Cultural Connections 3:15 – 4:30pm	30 Games Gang 3 - 4:30pm	31 Food Explorers 11 - 1pm	1 Weekly Workout 12:30 – 1:30 pm Prism	2
5 Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm	6 Games Gang 3 - 4:30pm	7	8 Weekly Workout 12:30 – 1:30 pm Making Sense of Your Senses Online Zoom @ 3-5pm	9
12 Walk and talk 2 - 3pm Cross Cultural Connections 3:15 – 4:30pm	13 Games Gang 3 - 4:30pm	14 Food Explorers 11 - 1pm	15 Weekly Workout 12:30 – 1:30 pm Prism	16
19 Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm	20 Games Gang 3 - 4:30pm	21 Music Therapy @ Bentleigh Library & Youth Hub 3:30 – 4:45 PM	22 Weekly Workout 12:30 – 1:30 pm Art of Connection 2:00 – 3:15	23
discovery college	Peer Support Groups	Groups	Committees	Key ** Offsite Group

headspace Groups Term 1

February/March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>26</p> <p>Walk and talk 2 - 3pm</p> <p>Cross Cultural Connections 3:15 – 4:30pm</p>	<p>27</p> <p>Games Gang 3 - 4:30pm</p>	<p>28</p> <p>Food Explorers 11 - 1pm</p> <p>Music Therapy @ Bentleigh Library & Youth Hub 3:30 – 4:45 PM</p>	<p>29</p> <p>What is it About Medication? @Kingston Youth Services In-person 10-1pm</p> <p>Weekly Workout 12:30 – 1:30 pm</p> <p>Art of Connection 2:00 – 3:15</p> <p>Prism</p>	<p>1</p>
<p>4</p> <p>Walk and talk 2 - 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>5</p> <p>Games Gang 3 - 4:30pm</p>	<p>6</p> <p>Music Therapy @ Bentleigh Library & Youth Hub 3:30 – 4:45 PM</p>	<p>7</p> <p>Weekly Workout 12:30 – 1:30 pm</p> <p>Art of Connection 2:00 – 3:15</p>	<p>8</p>
<p>11</p> <p>Walk and talk 2 - 3pm</p> <p>Cross Cultural Connections 3:15 – 4:30pm</p>	<p>12</p> <p>Games Gang 3 - 4:30pm</p>	<p>13</p> <p>Food Explorers 11 - 1pm</p> <p>Music Therapy @ Bentleigh Library & Youth Hub 3:30 – 4:45 PM</p>	<p>14</p> <p>Weekly Workout 12:30 – 1:30 pm</p> <p>Art of Connection 2:00 – 3:15</p> <p>Prism</p>	<p>15</p>
discovery college	Peer Support Groups	Groups	Committees	Key ** Offsite Group

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March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <p>Walk and talk 2 - 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>19</p> <p>Games Gang 3 - 4:30pm</p>	<p>20</p> <p>Music Therapy @ Bentleigh Library & Youth Hub 3:30 – 4:45 PM</p>	<p>21</p> <p>Weekly Workout 12:30 – 1:30 pm</p> <p>Art of Connection 2:00 – 3:15</p>	<p>22</p>
<p>25</p> <p>Walk and talk 2 - 3pm</p> <p>Cross Cultural Connections 3:15 – 4:30pm</p>	<p>26</p> <p>Games Gang 3 - 4:30pm</p>	<p>27</p> <p>Food Explorers 11 - 1pm</p> <p>Music Therapy @ Bentleigh Library & Youth Hub 3:30 – 4:45 PM</p>	<p>28</p> <p>Weekly Workout 12:30 – 1:30 pm</p> <p>Art of Connection 2:00 – 3:15</p> <p>Prism</p>	<p>29</p>

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PRISM

with Chris (he/him)

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!

DRAGONFLY MUSIC THERAPY GROUP

Bentleigh Youth Hub

With Hillary (she/her) and Loren (she/her)

Are you a music lover?

Join us for a 6 -week music therapy experience! Facilitated by a professional music therapist. Music therapy can help to reduce stress, improve mood expression and more.....

PEER SPACE

with Ryannah (she/her) & Cam (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.

FOOD EXPLORERS

with Joe (he/him) & Tess (she/her)

Want to learn new kitchen skills, get ideas of what to cook, or just love sharing food with others? Come and join us on our new food adventure with food explorers.

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:
discovery.college
@discoverycollegeconnect**

GAMES GANG

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

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

Join us @ headspace Bentleigh for some multiplayer board games, video games, trivia, cards, and more...

WALK & TALK

Join us for a leisurely walk local to headspace Bentleigh.

A great opportunity to meet and connect with other young people, staff, volunteers and peer workers from headspace in a casual setting.

CROSS CULTURAL CONNECTIONS

with Mike (he/him)

Ever felt like you are having a cultural clash? Feeling a bit different or excluded? Do you or one of your parents speak a language other than English at home?

Or something else similar? Join our new cultural and linguistically diverse peer support group. A safe and relaxed space where we can connect, unpack, share, and support each other through these experiences.

WEEKLY WORKOUT

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

Small group class, all levels of fitness welcome, **go at your own pace!**

Circuit style: different exercises each week including resistance, balance and cardio training.

Lots of fun, whilst improving your health, muscle & bone strength, cognition and your mood.

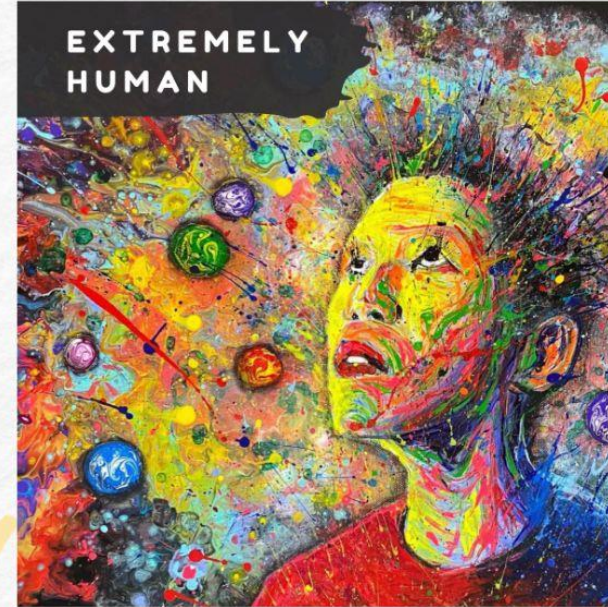
discovery college.



Courses, resources + content
about mental health + well-being.

It's free. It's for everyone.

Check out our website + timetable



**Check out our podcast
about different mental
health experiences**

