

JAN/FEB 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>Walk and talk 2-3 pm</p> <p>Peer Space 3:30 – 4:30pm</p> <p>Youth Advisory Committee 5:00 - 7:00pm</p>	<p>31</p>	<p>1</p>	<p>2</p>	<p>3</p>
<p>6</p> <p>Walk and talk 2-3pm</p>	<p>7</p> <p>Dungeons & Dragons 3-5pm</p>	<p>8</p> <p>DRAGONFLY MUSIC GROUP 3:45-5pm</p>	<p>9</p> <p>Fab, Fit & Fun 2-3pm</p> <p>Prism</p>	<p>10</p>
<p>13</p> <p>Walk and talk 2-3 pm</p> <p>Peer Space 3:30 – 4:30pm</p> <p>Youth Advisory Committee 5:00 - 7:00pm</p>	<p>14</p>	<p>15</p> <p>DRAGONFLY MUSIC GROUP 3:45-5pm</p>	<p>16</p> <p>Fab, Fit & Fun 2-3pm</p> <p>Making Sense of Your Senses via Zoom 4-6pm</p>	<p>17</p> <p>Gardening Group 3:30-4:30pm</p>
<p>20</p> <p>Walk and Talk 2-3pm</p>	<p>21</p> <p>Dungeons & Dragons 3-5pm</p>	<p>22</p> <p>DRAGONFLY MUSIC GROUP 3:45-5pm</p>	<p>23</p> <p>Fab, Fit & Fun 2-3pm</p> <p>Prism</p> <p>The Creative Connection Kingston Arts Centre 10am-3pm</p>	<p>24</p>
discovery college	Peer Support Groups	Groups	Committees	

FEB/MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Walk and talk 2-3 pm Peer Space 3:30 – 4:30pm Youth Advisory Committee 5:00 - 7:00pm	28	1 DRAGONFLY MUSIC GROUP 3:45-5pm	2 Fab, Fit & Fun 2-3pm	3 Gardening Group 3:30-4:30pm
6 Walk and talk 2-3pm	7 Dungeons & Dragons 3-5pm	8 DRAGONFLY MUSIC GROUP 3:45-5pm	9 Fab, Fit & Fun 2-3pm Prism	10
13 PUBLIC HOLIDAY	14	15 DRAGONFLY MUSIC GROUP 3:45-5pm	16 Fab, Fit & Fun 2-3pm How Do We REALLY Take Care of Stories? via Zoom 10.30am-12.30pm	17 Gardening Group 3:30-4:30pm
20 Walk and talk 2-3pm	21 Dungeons & Dragons 3-5pm What Is It About Medication? Kingston Arts Centre 1pm-4pm	22	23 Fab, Fit & Fun 2-3pm Prism	24
discovery college	Peer Support Groups	Groups	Committees	

MARCH/APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Walk and talk 2-3pm Peer Space 3:30 – 4:30pm Youth Advisory Committee 5:00 - 7:00pm	28	29	30 Fab, Fit & Fun 2-3pm	31 Gardening Group 3:30-4:30pm
3 Walk and talk 2-3pm	4 Dungeons & Dragons 3-5pm	5	6 Fab, Fit & Fun 2-3pm Prism LAST DAY TIMETABLE	7
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Call 9076 9400 Email headspacegroups@alfred.org.au Follow  @headspacebentleigh



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!

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 Chris (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.

GAMES GANG / DUNGEONS & DRAGONS

With Blake (he/they)

*Come join a rollicking campaign of intrigue and chaos at **headspace Bentleigh!** Learn how to build a character, dodge traps, swing swords and sling sorcery with your party. Remember – you can never have too many dice!*

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)

GARDENING GROUP

With Harriet (she/her) & Abbi (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(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.

DRAGONFLY MUSIC THERAPY GROUP

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, self -expression and so much more.....*

FAB, FIT & FUN

With Mary (she/her)

Fab = YOU
Fit = small group class, circuit style - different exercises each week strength/mobility/balance/cardio
Fun = music; go at your own pace

You will improve your health, muscle & bone strength, cognition and your mood.

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.

