

# TERM 4 TIMETABLE

## OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Walk and talk** 1-2pm</p> <p>Youth Advisory Committee 5:00 - 7:00pm</p>	<p>4</p> <p><u>Understanding Self- Harm **</u> 10am-4pm Kingston Arts</p> <p>Peer Space 4:00 – 5:00pm</p>	<p>5</p> <p>Introduction session Nature Space Volunteering Program **</p>	<p>6</p> <p>Games Gang ** 3:30 – 4:30pm</p>	<p>7</p>
<p>10</p> <p>Walk and talk** 1-2pm</p>	<p>11</p>	<p>12</p> <p>Nature Space Volunteering Program Fit to Work **</p>	<p>13</p> <p>Prism 4:30 – 5:30pm</p>	<p>14</p> <p>Gardening Group** 3:30 – 4:30pm</p>
<p>17</p> <p>Walk and talk** 1-2pm</p> <p>Youth Advisory Committee 5:00 - 7:00pm</p>	<p>18</p> <p>Peer Space ** 4:00 – 5:00pm</p>	<p>19</p> <p>Nature Space Volunteering Program **</p>	<p>20</p> <p>Games Gang 3:30 – 4:30pm</p>	<p>21</p>
<p>24</p> <p>Walk and talk** 1-2pm</p>	<p>25</p>	<p>26</p> <p>Nature Space Volunteering Program **</p>	<p>27</p> <p>Prism ** 4:30 – 5:30pm</p>	<p>28</p> <p>Gardening Group** 3:30 – 4:30pm</p>
<p>KEY</p> <p>** In Person Groups</p>	Peer Support Groups	Groups	Committees	Discovery College

# NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b> Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	<b>1</b> Peer Space 4:00 – 5:00pm	<b>2</b> Nature Space Volunteering Program **	<b>3</b> Games Gang ** 3:30 – 4:30pm	<b>4</b>
<b>7</b> Walk and talk** 1-2pm	<b>8</b>	<b>9</b> Nature Space Volunteering Program **	<b>10</b> Prism 4:30 – 5:30pm	<b>11</b> Gardening Group** 3:30 – 4:30pm
<b>14</b> Walk and talk** 1-2pm Youth Advisory Committee 5:00 - 7:00pm	<b>15</b> Peer Space** 4:00 – 5:00pm	<b>16</b> Nature Space Volunteering Program **	<b>17</b> Games Gang 3:30 – 4:30pm	<b>18</b>
<b>21</b> Walk and talk** 1-2pm	<b>22</b>	<b>23</b> Nature Space Volunteering Program **	<b>24</b> Prism ** 4:30 – 5:30pm	<b>25</b> Gardening Group** 3:30 – 4:30pm
<b>KEY</b> ** 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  PeerSpace ** 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!

### 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) & 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

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

### GARDENING GROUP Green Thumb

With Abbi (she/her) & 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 (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

### GAMES GANG

With Ry (she/her) & Riley (he/him)

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](mailto:headspacegroups@alfred.org.au)

Or

**Call one of our Recovery Groups coordinators**

**Loren (she/her): 0437 380 112**

**Issy (she/her): 0436 343 067**

# 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](http://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](mailto:headspacegroups@alfred.org.au)  
9076 9400

## NO

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

