

APRIL HOLIDAY PROGRAM 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 EASTER MONDAY	11 Games Café Outing 4-5pm	12	13 Movement therapy 2:30-3:30pm	14
17 PCYC Gym visit <i>St Kilda</i> 2-3pm Peer Space 3:30 – 4:30 pm	18	19 Barista Training <i>Introduction to coffee making</i> 9:30-3:30pm That Anxious Feeling ** <i>Discovery College</i> via Zoom 5-7pm	20 Movement therapy 2:30-3:30pm Headspace Hangout BBQ 4-6pm	
KEY ** Online Group	Peer Support Groups	Groups	Events	discovery college

Call 9076 9400 Email headspacegroups@alfred.org.au Follow @headspacebentleigh



Movement Therapy
@ *headspace Bentleigh*

Come experience movement therapy, as we explore the emotions that we hold in our bodies and express ourselves through movement, props and music. For movers of all levels of experience and mobility.

Barista Training
@ *headspace Bentleigh*

An introduction to coffee making co-facilitated by Jesuit Community college where you can master the art of being a barista – including the operation of commercial espresso machinery, improving skills and confidence to look for work, and exploring pathways to further training.

Headspace Hangout BBQ
@ *headspace Bentleigh*

Thursday April 20th from 4-6 PM

What would you like to see from the groups program? We'd love to meet and hear from you

What to expect: Free food, games & prizes!

Games Outing
@ *Rhystic Nostalgia*
Ormond

Looking for fun challenges and problem solving? Join us at Rhystic Nostalgia in Ormond (can meet at headspace Bentleigh) for an afternoon of boardgames, quizzes, strategy, trading games and more ...

Discoverycollege

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)**

Keen to get involved?

Email: headspacegroups@alfred.org.au

Or Call/Text 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

[@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.