APRIL HOLIDAY PROGRAM 2023

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

Call Email 9076 9400 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.

Games Outing

@ <u>Rhystic Nostalgia</u> 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 ...

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.

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

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!

Keen to get involved?

Email: <u>headspacegroups@alfred.org.au</u>

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

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.

Found something

YES

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

Peer Support Groups

share lived experience of mental health challenges, learn from each other and provide a level of understanding that might not be found by others.

you'd like to try?

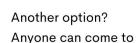
NO

Ideas on how to improve our program?

We love feedback so let us know.

NO

Contact us to chat about options.



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