

APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 Walk & Coffee 1-2pm	12	13 Shutter club Photography Workshop 3-430pm	14	15
18 EASTER MONDAY	19 Games Gang 4-5pm	20	21 Botanical Gardens 1-4pm	22
KEY ** in person group	Peer Support Groups	Groups	Committees	discovery college

Call
9076 9400

Email
headspacegroups@alfred.org.au



Follow
@headspacebentleigh

Botanical Gardens

With Loren (she/her) & Mary (she/her)

Join us for an outing to the Royal Botanical Gardens, on an adventure exploring nature together in this beautiful oasis.

Photography Workshop

The shutter Club

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

Keen to see the world through a different lens?

Develop some tips and tricks for taking great shots.

No prior experience in photography or a camera required!

Walk and Coffee

with Loren (she/her) and Mary (she/her)

Enjoy time hanging out with others with a coffee and walk local to headspace Bentleigh. Meet us in the garden at Headspace then we'll walk together to get a coffee.

Games Gang

with Riley (he/him) & Issy (she/her)

Join us online for some Jackbox and other multiplayer online games, quizzes, cards, strategy games and more

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.