

AUTUMN HOLIDAY PROGRAM

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Public holiday	2 Games Gang 3-4:30 PM	3 PCYC Gym Visit @ St Kilda 12:30-2:30 PM	4 'The Space' Dance studio @ Kingston Arts Centre 2-3 PM	5
8 Walk & talk 2-3 PM Peer Space 3:15-4:30 PM	9	10	11 Active In Nature River Rafting @ Bellbird Park - Yarra River 9:30 – 4:00 PM	12
KEY ** Online Group	Peer Support Groups	Groups	Outings	discovery college

Call
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PEER SPACE

*@headspace Bentleigh
with Ryannah (she/her) & Mike (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.

'THE SPACE STUDIO' DANCE SESSION

*@ Kingston Arts Centre
Issy (she/her) & Loren (she/her)*

Get ready to put on your dancing shoes!

Join us for an hour of fun at Kingston Arts Center with professional dance instructors for the opportunity to explore your interest in different types of dance – all abilities welcome!

Proudly supported by Dragonfly Music Space

WALK & TALK

@headspace Bentleigh

Join us for a leisurely walk local to headspace Bentleigh.

A great opportunity to meet and connect with other young people, staff, volunteers and peer workers from headspace in a casual setting.

PCYC GYM VISIT

*@ PCYC Gym – Stkilda
with Mary (she/her) and Jack (he/him)*

Improve your mental wellbeing and physical fitness with an afternoon of activities at PCYC gym including circuit training and basketball.

GAMES GANG

*@headspace Bentleigh
With Issy (she/her) & Loren (she/her)*

Looking to level up or cure your 'board-om'?

Join us @ headspace Bentleigh for some multiplayer board games, video games, trivia, cards, and more...

ACTIVE IN NATURE RIVER RAFTING

*@ Bellbird Park
with Loren (she/her), Jack (he/him) & Issy (she/her)*

Come and explore the beauty of Bellbird Park and join a nature walk, followed by a river rafting experience down the Yarra River. Lunch included.

***Places are limited*