

headspace group program

In addition to 1 on 1 therapy, our groups and programs are an important part of our service. If young people are keen, we encourage them to join a group to learn some new skills and meet some new people.

ACTIVE Group Monday

This group aims to get young people active (outdoors)

ARTspace Tuesday/Thursday

Learn about different art processes and connect with others

Q GROUP Tuesday

A supportive space for LGBTIQA+ young people to meet and share ideas

(UN)STUCK PROGRAM

A program where young people can learn how to skilfully relate to difficult thoughts and emotions.

CONNECT PROGRAM

Learn the skills to feel more confident in your everyday life and feel less anxious in social situations.

headBAND PROGRAM A fun program for Teens to share their interests in music and have the chance to play an instrument.

NEURODIVERSE SOCIAL GROUP A group for neurodiverse young people to connect over fun activities, crafts and games.

FAMILY, CARERS AND FRIENDS GROUP A group that focuses on different youth mental health related topics to better support family, carers and friends.

Please tick the boxes for the groups that you are interested in:

headBAND music program (12-16 y.o)

Neurodiverse social group

Active group
12-25 y.o

ARTspace Teens
12-17 y.o

Q GROUP
17-25 y.o

ARTspace Young Adults
17-25 y.o

(UN)STUCK group
17-25 y.o

CONNECT GROUP
17-25 y.o

Family, carers and friends support group



OFFICE USE ONLY:

REVIEWED BY CED/CL

N/A

DATE REVIEWED:

YP CONTACTED