

headspace Darwin Group Program - Term 1 - 2021



	MON	TUE	WED	THU	FRI
1	1 st FEB ◆ PRISM Palmerston 3:30 - 5 ◆ Gym 4 - 4:45	2 nd FEB ◆ Cooking (12-17yrs) 3:30 - 5	3 rd FEB ◆ herspace (15-25yrs) 5 - 6:30	4 th FEB ◆ Wall Art 3:30 - 5 ◆ D&D (17-25 yrs) 4 - 6pm	5 th FEB ◆ Gym 3:45 - 4:30
2	8 th FEB ◆ Get Wise. Emotions (12-17yrs) 3 - 4:30 ◆ Gym 4 - 4:45	9 th FEB ◆ PRISM 3:30 - 5	10 th FEB ◆ Meet Harlow 3 - 4pm ◆ Calm Your Critic 3:30 - 5	11 th FEB ◆ Wall Art 3:30 - 5 ◆ D&D (12-16 yrs) 4 - 6pm	12 th FEB ◆ Gym 3:45 - 4:30
3	15 th FEB ◆ PRISM Palmerston 3:30 - 5 ◆ Get Wise. Emotions (12-17yrs) 3 - 4:30 ◆ Gym 4 - 4:45 ◆ YAG 5 - 6:30	16 th FEB ◆ Cooking (12-17yrs) 3:30 - 5	17 th FEB ◆ Calm Your Critic 3:30 - 5 ◆ herspace (15-25yrs) 5 - 6:30	18 th FEB ◆ Wall Art 3:30 - 5 ◆ D&D (17-25 yrs) 4 - 6pm	19 th FEB ◆ Gym 3:45 - 4:30
4	22 nd FEB ◆ Get Wise. Emotions (12-17yrs) 3 - 4:30 ◆ Gym 4 - 4:45	23 rd FEB ◆ PRISM 3:30 - 5 ◆ Family Connections 6 - 7:30	24 th FEB ◆ Meet Harlow 3 - 4pm ◆ Calm Your Critic 3:30 - 5	25 th FEB ◆ Wall Art 3:30 - 5 ◆ D&D (12-16 yrs) 4 - 6pm	26 th FEB ◆ Gym 3:45 - 4:30
5	1 st MAR ◆ PRISM Palmerston 3:30 - 5 ◆ Get Wise. Emotions (12-17yrs) 3 - 4:30 ◆ Gym 4 - 4:45	2 nd MAR ◆ Cooking (12-17yrs) 3:30 - 5	3 rd MAR ◆ Calm Your Critic 3:30 - 5 ◆ herspace (15-25yrs) 5 - 6:30	4 th MAR ◆ Wall Art 3:30 - 5 ◆ D&D (17-25 yrs) 4 - 6pm	5 th MAR ◆ Gym 3:45 - 4:30
6	8 th MAR ◆ Get Wise. Emotions (12-17yrs) 3 - 4:30 ◆ Gym 4 - 4:45 ◆ YAG 5 - 6:30	9 th MAR ◆ PRISM 3:30 - 5	10 th MAR ◆ Meet Harlow 3 - 4pm ◆ Calm Your Critic 3:30 - 5	11 th MAR ◆ Wall Art 3:30 - 5 ◆ D&D (12-16 yrs) 4 - 6pm	12 th MAR ◆ Gym 3:45 - 4:30
7	15 th MAR ◆ Get Wise. Emotions (12-17yrs) 3 - 4:30 ◆ PRISM Palmerston 3:30 - 5 ◆ Gym 4 - 4:45	16 th MAR ◆ Cooking (12-17yrs) 3:30 - 5	17 th MAR ◆ Meet Harlow 3 - 4pm ◆ Calm Your Critic 3:30 - 5 ◆ herspace (15-25yrs) 5 - 6:30	18 th MAR ◆ Wall Art 3:30 - 5 ◆ D&D (17-25 yrs) 4 - 6pm	19 th MAR ◆ Gym 3:45 - 4:30
8	22 nd MAR ◆ Get Wise. Emotions (12-17yrs) 3 - 4:30 ◆ Gym 4 - 4:45	23 rd MAR ◆ PRISM 3:30 - 5	24 th MAR ◆ Meet Harlow 3 - 4pm ◆ Social Space 4 - 6pm	25 th MAR ◆ D&D (12-16 yrs) 4 - 6pm	26 th MAR ◆ Gym 3:45 - 4:30
9	29 th MAR ◆ PRISM Palmerston 3:30 - 5 ◆ Get Wise. Emotions (12-17yrs) 3 - 4:30 ◆ Gym 4 - 4:45 ◆ YAG 5 - 6:30	30 th MAR ◆ Cooking (12-17yrs) 3:30 - 5 ◆ Family Connections 6 - 7:30	31 st MAR ◆ herspace (15-25yrs) 5 - 6:30	1 st APR ◆ Wall Art 3:30 - 5 ◆ D&D (17-25 yrs) 4 - 6pm	2 nd APR Public Holiday Easter Friday
10	5 th APR Public Holiday Easter Monday	6 th APR ◆ PRISM 3:30 - 5	7 th APR ◆ Meet Harlow 3 - 4pm	8 th APR ◆ Wall Art 3:30 - 5 ◆ D&D (17-25 yrs) 4 - 6pm	9 th APR ◆ Gym 3:45 - 4:30
KEY	Social /Leisure	Work / Education	Creative Expression	Family & Friends	Personal Development / Wellbeing

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Prism	A safe and confidential place to be yourself, connect with likeminded young people and find out information about health, services and support. This group is open to any young person aged 12 -25 years in the community.
Dungeons and Dragons (D&D)	A tabletop fantasy game where you can create your own characters and play out campaigns. This group is run by two of our Peer Support Workers. This group is open to all young people (12-25 years) whom have either been accepted to receive individual support from a headspace program, have a case manager with Child and Adolescent Mental Health Service (CAMHS) or a Case Manager with the Top End Mental Health Service (TEMHS) or are being supported by Danila Dilba Health Service.
Meet Harlow & Scout	An informal group where you drop in to spend time our visiting therapy dogs, Harlow and Scout. This group is open to all young people (12-25 years) whom have either been accepted to receive individual support from a headspace program, have a case manager with Child and Adolescent Mental Health Service (CAMHS) or a Case Manager with the Top End Mental Health Service (TEMHS) or are being supported by Danila Dilba Health Service.
Social Space	A Peer Support Worker led group where you can socialise/practice social skills in a supportive environment and potentially make new friendships/peer networks. This group is open young people (18-25 years) receiving support within the headspace Early Psychosis Program.
Cooking	A group where the young people choose a recipe to cook/bake as a team. No prior cooking experience is required. This group is open to all young people (12-17 years) whom have either been accepted to receive individual support from a headspace program, have a case manager with Child and Adolescent Mental Health Service (CAMHS) or a Case Manager with the Top End Mental Health Service (TEMHS) or are being supported by Danila Dilba Health Service.
Wall Art Painting	A group led by a local street artist where you help design and paint themed murals in rooms within the headspace hub in Casuarina. No prior painting experience is required. This group is open to all young people (12-25 years) whom have either been accepted to receive individual support from a headspace program, have a case manager with Child and Adolescent Mental Health Service (CAMHS) or a Case Manager with the Top End Mental Health Service (TEMHS) or are being supported by Danila Dilba Health Service.
Calm Your Critic	A 6-week group created for you and for your inner voice; this is a safe space for you to explore and learn new techniques to manage self-directed negative talk. This group is based on Compassion focused Therapy. This group is open to all young people (12-25 years) whom have either been accepted to receive individual support from a headspace program, have a case manager with Child and Adolescent Mental Health Service (CAMHS) or a Case Manager with the Top End Mental Health Service (TEMHS) or are being supported by Danila Dilba Health Service.
Youth Ambassador Group (YAG)	headspace Darwin's Youth Ambassador Group (YAG) designs and implements mental health advocacy projects, reviews headspace policies, forms and processes and provides feedback to headspace Darwin from a youth perspective. Training opportunities are also provided. Any young person aged between 15 and 25 years can apply to join the group.
Get Wise about Emotions (DBT Skills)	An 8-week group for you to learn and practice strategies to help you respond effectively to strong emotions in a supportive environment among peers with similar experiences. This group is based on Dialectical Behavioural Therapy (DBT). This group is open to all young people (12-17 years) who are currently receiving individual support from a headspace or CAMHS Clinician.
Boost Your Mood (CBT Skills)	A fortnightly group for you to learn and practice strategies aimed at improving your mood and mental health. This course is based on Cognitive Behavioural Therapy (CBT), a well-established therapy. This group is open to all young people (12-25 years) whom are on a waitlist to receive individual support from a headspace program or are being supported by Danila Dilba Health Service.
herspace	Herspace is a group for young women whom are keen to be part of an empowering community and are interested in self-development. This group is open to any young person aged 15 - 25 years in the community.
Gym	A group where young people will get access, as a group, to a local gym and assisted to use the equipment and form an appropriate exercise routine by gym staff and also supported by a mental health worker from headspace. This group is open to all young people (12-25 years) whom have either been accepted to receive individual support from a headspace program, have a case manager with Child and Adolescent Mental Health Service (CAMHS) or a Case Manager with the Top End Mental Health Service (TEMHS) or are being supported by Danila Dilba Health Service.
Family Connections Group	A group for family or carers of young people who are experiencing mental health concerns. This group provides information, education and peer support, recognising that family members/carers are often affected and play an essential part in the young person's recovery. This group is open to all family/carers of young people with mental health concerns.
Tuning into Teens	A 6-week group focused on strengthening existing and learning new skills around managing conflict, effective communication, understanding emotions and improving relationships. This group is open to all family/carers of young people with mental health concerns.

For more information or to register please speak to your clinician or contact amuir@anglicare-nt.org.au / phone 8931 5999