## **April 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
NEW TIMETABLE BEGINS THIS WEEK	Career Connections 3.15-4.30pm	Taking the edge off: Let's talk about drugs and	Creative Minds 2.30-3.30pm	Game Gang** 1.00pm-2.00pm
Peer Space Bentleigh 3.30-4.30pm		<u>alcohol</u> <u>10:30am – 12:30pm</u>	Prism 4.30-5.30pm	
26	27	28	29	30
DBT Skills Group (Referral Only) 1.00-2.30pm Youth Advisory Committee** 5:00 – 7:00 pm	Career Connections 3.15-4.30pm		Creative Minds 2.30-3.30pm Peer Space Frankston** 3.30-4.30pm	Game Gang** 1.00pm-2.00pm
<b>KEY</b> ** Indicates In Person	Peer Support Groups	Groups	- Committees	discovery college

Call or text us 0429 183 643



Email us headspacegroups@alfred.org.au



## May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
DBT Skills Group (Referral Only) 1.00-2.30pm  Peer Space Bentleigh 3.30-4.30pm	Garden and Walk** 2.00-3.00pm	5	Creative Minds 2.30-3.30pm  Prism 4.30-5.30pm	7 Game Gang** 1.00pm-2.00pm
10 DBT Skills Group (Referral Only) 1.00-2.30pm  Youth Advisory Committee** 5:00 - 7:00 pm	11	12	Creative Minds 2.30-3.30pm  Peer Space Frankston** 3.30-4.30pm	14 Game Gang** 1.00pm-2.00pm
DBT Skills Group (Referral Only) 1.00-2.30pm Peer Space Bentleigh 3.30-4.30pm	Garden and Walk** 2.00-3.00pm	19	20 What is it about medication? 10am – 1pm  Creative Minds 2.30-3.30pm  Prism 4.30-5.30pm	Game Gang** 1.00pm-2.00pm
Mindfulness 11am - 12:30pm  DBT Skills Group (Referral Only) 1.00-2.30pm  Youth Advisory Committee** 5:00 - 7:00 pm	25	26	Creative Minds 2.30-3.30pm  Peer Space Frankston** 3.30-4.30pm	28  Game Gang** 1.00pm-2.00pm
KEY ** Indicates In Person	Peer Support Groups	Groups	Committees	discovery college

# May / June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
DBT Skills Group (Referral Only) 1.00-2.30pm  Peer Space Bentleigh 3.30-4.30pm	1 Garden and Walk** 2.00-3.00pm	2	Creative Minds 2.30-3.30pm Prism 4.30-5.30pm	Game Gang** 1.00pm-2.00pm
7 DBT Skills Group (Referral Only) 1.00-2.30pm  Youth Advisory Committee** 5:00 – 7:00 pm	8	9	Creative Minds 2.30-3.30pm  Peer Space Frankston** 3.30-4.30pm	11 Game Gang** 1.00pm-2.00pm
PUBLIC HOLIDAY	Garden and Walk** 2.00-3.00pm	16	Creative Minds 2.30-3.30pm Prism 4.30-5.30pm	18 Game Gang** 1.00pm-2.00pm
DBT Skills Group (Referral Only) 1.00-2.30pm Youth Advisory Committee** 5:00 – 7:00 pm	22	23	Creative Minds 2.30-3.30pm  Peer Space Frankston** 3.30-4.30pm	LAST DAY OF TIMETABLE
KEY ** Indicates In Person	Peer Support Groups	Groups	Committees	discovery college



#### Prism

with Max & Ash

Your local LGBTIQA+ Peer Support space!
We play games together, have big talks about everyhing and anything and support each other to be ourselves.
It's okay to ask questions.
Your feelings & experiences are valid!

### **Career Connections**

with Anne, Janet & Guests.

Join us online for valuable tips to enhance your employability. TAFE or university students and recent graduates will find these sessions particularly useful. Guest speakers will join us for each session with plenty of opportunity for a participant driven Q & A.

#### **Garden & Walk**

with Emily & Britt

COVID hit the community garden hard in 2020! Help us to give it some much needed care and you might score some homegrown vegies in return! We'll also head out for a walk around the neighbourhood if we have time.

#### **Peer Space**

with Issy @ Bentleigh with Lucy @ Frankston

A lived experience group where participants work in collaboration to express themselves and achieve their goals. Common themes are social anxiety, motivation, relationships and everything in between.

#### **Creative Minds**

with Emily, Issy & Tim

Online creative space - visual artists, musicians, photographers, writers, dreamers & ideas enthusiasts! Join us to create, discuss ideas, learn and get those creative juices flowing! No experience required.

## **Game Gang**

with Emily & Britt

Come hang out in-person for some multiplayer board games, wii/playstation, outdoor competitions & more...

### discovery college

create & run courses about mental health & wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn.

Contact Claire 0407 861 205

@discoverycollegeconnect

## **Youth Advisory Committee (YAC)**

The YAC are a passionate team of mental health advocates & headspace ambassadors. Together, we start conversations about mental health in the community, lead projects & advise headspace on youth mental health.

Contact Ash Thornton if you are interested in volunteering with us!

### **Volunteer Space**

A catch up and debrief space run by volunteers for volunteers!

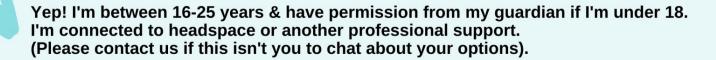
Contact Ash Thornton if you are interested in volunteering with us!



## Want to get involved?

NO

That's okay. Let us know if you change your mind!



The next step is to decide what you're interested in.
Pick as many as you want.

#### peer support groups

Young people meet to share lived experience of mental health challenges, learn from each other and as well as provide a level of understanding that may not be found by others

#### groups

Usually facilitated by clinicians. We get told by our young people that they ofter attend these groups to build life skills, connect with others, explore new interests or add structure to their day

#### commitees

Run by young people for young people. We provide feedback directly to the headspace team, advocate for young people's needs and work on projects with the centre.

#### Anyone can come to discovery college

Co-produced courses about mental health & wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn

Check out www.discovery.college





@discoverycollegeconnect

YES

Sounds good!
Contact the recovery team at headspacegroups@alfred.org.au or 0429 183 643 to set up a welcome appointment with us.

Found something you'd like to give a try?

NO

Ideas on how to improve our program? We're open to feedback. Contact us & let us know.

