

# headspace Programs – Term 1, 2020



Jan/Feb 2020					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 <i>First day of term!</i> <b>Table Tennis</b> 3:30 – 4:30pm	29	30 <b>Peer Space</b> 3:30 – 5:00pm	31	1
3	4 <b>Table Tennis</b> 3:30 – 4:30pm	5 <b>Discovery College: Mindfulness Part A</b> <b>YAC Meeting</b> 4:30 – 6:00pm	6 <b>ASD Art Therapy Group</b> 4:00 – 5:30pm	7	8 <b>Monthly Social Group</b> 11am – 2pm
10 <b>Discovery College: Making Sense of Your Senses Part A</b>	11 <b>Discovery College: What is Creativity?</b> <b>Table Tennis</b> 3:30 – 4:30pm	12 <b>Discovery College: Mindfulness Part B</b>	13 <b>Peer Space</b> 3:30 – 5:00pm <b>100s &amp; 1000s</b> 4:00 – 5:30pm	14	15 <b>Vision Board Workshop (Family &amp; Friends)</b> 10am – 1pm
17	18 <b>Table Tennis</b> 3:30 – 4:30pm	19 <b>Discovery College: Mindfulness Part B</b> <b>YAC Meeting</b> 4:30 – 6:00pm	20 <b>Family &amp; Friends Support Group</b> 9:30 – 11:30am	21	22
24	25 <b>Table Tennis</b> 3:30 – 4:30pm	26 <b>Discovery College: Mindfulness Part B</b>	27 <b>Peer Space</b> 3:30 – 5:00pm <b>Skittles Group</b> 4:00 – 5:30pm	28 <b>Tuning into Teens</b> 4 – 6pm	29

**Green:** Located at headspace Dandenong (211 Thomas St, Dandenong)  
**Orange:** Located at headspace Narre Warren (66 Victor Crescent, Narre Warren)  
**Purple:** Youth Advisory Committee, both sites  
**Red:** Externally-located events

# headspace Programs – Term 1, 2020



March 2020					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Table Tennis 3:30 – 4:30pm	4 YAC Meeting 4:30 – 6:00pm	5 ASD Art Therapy Group 4:00 – 5:30pm	6 Tuning into Teens 4 – 6pm	7 Monthly Social Group 11am – 2pm
9	10 Table Tennis 3:30 – 4:30pm	11	12 Peer Space 3:30 – 5:00pm 100s & 1000s 4:00 – 5:30pm	13 Tuning into Teens 4 – 6pm	14
16	17 Table Tennis 3:30 – 4:30pm	18 YAC Meeting 4:30 – 6:00pm	19 Family & Friends Support Group 9:30 – 11:30am	20 Tuning into Teens 4 – 6pm	21
23	24 Table Tennis 3:30 – 4:30pm	25	26 Peer Space 3:30 – 5:00pm Skittles Group 4:00 – 5:30pm	27 <i>Last day of term!</i> Tuning into Teens 4 – 6pm	28
30	31 Table Tennis 3:30 – 4:30pm	1 YAC Meeting 4:30 – 6:00pm	2	3 Tuning into Teens 4 – 6pm	4

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Orange: Located at headspace Narre Warren (66 Victor Crescent, Narre Warren)

Purple: Youth Advisory Committee, both sites

Red: Ad hoc externally-located events