

ONLINE Recovery Groups

June 2020

Monday	Tuesday	Wednesday	Thursday	Friday
1 Peer Space 3.30-4.30pm YAC 5.00-7.00pm	2 Caring for your Career 4.00pm-5.00pm discovery convos 7:00 – 7:30pm	3 discovery convos 11:00am – 12:00pm Wellness Wednesday 2.00-3.00pm	4 Crafternoon 2.30-3.30pm Prism 4.30-5.30pm	5 Ted Talk Talks 1.00 -2.00pm
8 Queens Birthday Public Holiday	9 Game Gang 2.00pm-3.00pm discovery convos 7:00 – 7:30pm	10 discovery convos 11:00am – 12:00pm Wellness Wednesday 2.00-3.00pm	11 Crafternoon 2.30-3.30pm Prism 4.30-5.30pm	12 EarthSpace 1.00pm-2.00pm
15 Peer Space 3.30-4.30pm YAC 5.00-7.00pm	16 Caring for your Career 4.00pm-5.00pm discovery convos 7:00 – 7:30pm	17 discovery convos 11:00am – 12:00pm Wellness Wednesday 2.00-3.00pm	18 Crafternoon 2.30-3.30pm Prism 4.30-5.30pm	19 Ted Talk Talks 1.00 -2.00pm
22 Peer Space 3.30-4.30pm Volunteer Social 5.00-6.00pm	23 Game Gang 2.00pm-3.00pm discovery convos 7:00 – 7:30pm	24 discovery convos 11:00am – 12:00pm Wellness Wednesday 2.00-3.00pm	25 Crafternoon 2.30-3.30pm Prism 4.30-5.30pm	26 EarthSpace 1.00pm-2.00pm
KEY	Peer Support Groups	Groups	Committees	discovery college

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Crafternoon Open online art space. Join us to create, make, design, discuss ideas and share our work.

All welcome, no art skills required

Contact Emily Wilson to RSVP

EarthSpace A little green space to come together and explore connection and & how to care for each other and nature. Exploring all things climate change, land-care, regeneration and activism.

Contact Joseph Borellini to RSVP

Caring for your Career A space for exploring the challenges of working, studying and staying healthy during COVID-19. Join our exercise physiologists and vocational consultants online for a relaxed chat.

Contact Brittany Herbert to RSVP

Game Gang Looking to level up or cure your 'board-om'? Join us online for some multiplayer board games, quizzes, cards, strategy games & more...

Contact Emily Wilson to RSVP

Wellness Wednesdays An online space to explore healthy lifestyle and mindful movement. Suitable for all fitness and skills levels.

Contact Brittany Herbert to RSVP

Ted Talk Talks Looking to challenge yourself or engage in exciting conversations? Come join us as we watch ted talks and then have a chat about our perspectives!

Contact Cassie Rowe to RSVP

Youth Advisory Committee (YAC) Have a passion for mental health? If you are 16-25 years old, want to learn new skills, advocate, advise and be a headspace ambassador, then join our great team of volunteers to meet online!

Contact Ash Thornton to RSVP

Prism An online PRIDE group for all the 16-25 year olds looking for support, friends and community. Yes, we mean rainbow pride!

Contact Ash Thornton to RSVP

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

Contact Mark Campbell to RSVP

Volunteer Social A fortnightly online space where our volunteers can connect to catch up and discuss ideas.

Contact Ash Thornton to RSVP

discovery college

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

Contact Claire www.discovery.college / 0407 861 205 @discoverycollegeconnect

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YES

Want to get involved?

NO

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

Yep! I'm between 16-25 years & have permission from my guardian if I'm under 18.
I'm connected to headspace or another professional support.
(Please contact us if this isn't you to chat about your options).

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 often
attend these groups to build
life skills, connect with
others, explore new interests
or add structure to their day

committees

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

Found something you'd
like to give a try?

NO

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

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