

# Online Group Program

## September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
31 <b>NEW TIMETABLE BEGINS</b>  Peer Space Bentleigh 3.30-4.30pm	1  EarthSpace 2.30pm-3.30pm  discovery convos 7:00 – 7:30pm	2  Wellness Wednesday 12:00pm – 12:30pm	3  Prism 4.30-5.30pm	4
7  Peer Space Bentleigh 3.30-4.30pm  Youth Advisory Committee 5:00 – 7:00 pm	8  discovery convos 7:00 – 7:30pm	9  Wellness Wednesday 12:00pm – 12:30pm	10  Creative Minds 2.30-3.30pm  Peer Space Frankston 3.30pm-4.30pm  Prism 4.30-5.30pm	11  Food Explorers** 11.30pm-1.00pm
14  Peer Space Bentleigh 3.30-4.30pm  Volunteer Social Event 5:00- 6:00pm	15  EarthSpace 2.30pm-3.30pm  discovery convos 7:00 – 7:30pm	16  Wellness Wednesday 12:00pm – 12:30pm  In your write mind - TASTER 1:30 – 3:00pm	17  Creative Minds 2.30-3.30pm  Prism 4.30-5.30pm	18
21  Peer Space Bentleigh 3.30-4.30pm  Youth Advisory Committee 5:00 – 7:00 pm	22	23  Wellness Wednesday 12:00pm – 12:30pm	24  Creative Minds 2.30-3.30pm  Peer Space Frankston 3.30pm-4.30pm  Prism 4.30-5.30pm	25  Food Explorers** 11.30pm-1.00pm
<b>KEY</b> ** RSVP required	Peer Support Groups	Groups	Committees	discovery college

# September/October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
28  Peer Space Bentleigh 3.30-4.30pm  Mindfulness - TASTER 1:00 – 2:00pm	29  EarthSpace 2.30pm-3.30pm	30  Wellness Wednesday 12:00pm – 12:30pm	1  Creative Minds 2.30-3.30pm  Prism 4.30-5.30pm	2
5  Youth Advisory Committee 5.00-7.00pm	6  Second Life Pilot Project** 4.00-5.30pm  discovery convos 7:00 – 7:30pm	7  Wellness Wednesday 12:00pm – 12:30pm	8  Creative Minds 2.30-3.30pm  Peer Space Frankston 3.30pm-4.30pm  Prism 4.30-5.30pm	9  Food Explorers** 11.30pm-1.00pm
12  Volunteer Social Event 5:00- 6:00pm	13  EarthSpace 2.30pm-3.30pm  Second Life Pilot Project** 4.00-5.30pm  discovery convos 7:00 – 7:30pm	14  Wellness Wednesday 12:00pm – 12:30pm  Making Sense of your Senses – TASTER 1:30 – 2:30pm	15  Creative Minds 2.30-3.30pm  Prism 4.30-5.30pm	16
19  Youth Advisory Committee 5.00-7.00pm	20  Second Life Pilot Project** 4.00-5.30pm  discovery convos 7:00 – 7:30pm	21  Wellness Wednesday 12:00pm – 12:30pm	22  Creative Minds 2.30-3.30pm  Peer Space Frankston 3.30pm-4.30pm  Prism 4.30-5.30pm	23  PUBLIC HOLIDAY
26	27  EarthSpace 2.30pm-3.30pm  Second Life Pilot Project** 4.00-5.30pm  discovery convos 7:00 – 7:30pm	28  Wellness Wednesday 12:00pm – 12:30pm	29  Creative Minds 2.30-3.30pm  Prism 4.30-5.30pm  Understanding Self-Harm – TASTER 1:00 – 2:00pm	30  LAST DAY OF TIMETABLE  Food Explorers** 11.30pm-1.00pm

# Online Group Program

## September 2020

### Prism

A weekly LGBTIQ+ Peer Support space. We play games together, have big talks about everything and anything and support each other to be ourselves.

It's okay to ask questions.  
Your feelings & experiences are valid!

Contact Ash Thornton 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

### Wellness Wednesdays

Take a break, learn some new moves and get active with our EPs. Suitable for all fitness and skill levels. You are welcome to join with cameras on or off!

Contact Britt Herbert to RSVP

### Peer Space

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.

Contact Mark Campbell to RSVP

### Creative Minds

Open online creative space- visual artists, musicians, writers are all welcome! Join us to create, discuss ideas, learn and get those creative juices flowing!

All welcome, no experience required

Contact Emily Wilson to RSVP

### Food Explorers

Our well-loved group is back- just online! Join us to get back into cooking, we will organise recipes and ingredients in advance.

Contact Britt Herbert to RSVP

### Second Life Pilot Project\*\*

We've collaborated with Orygen Youth Health Research team to have a go at running a peer group within a virtual world- Pretty cool right?

Let us know if you're keen to get involved!

Contact Emily or Britt to learn more

### Volunteer Social

An online social space run by volunteers for volunteers!

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

### 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!

### 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](http://www.discovery.college) 0407 861 205 @discoverycollegeconnect



**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.**

<b>peer support groups</b> 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	<b>groups</b> 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	<b>committees</b> 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.
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**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](http://www.discovery.college)

   
@discoverycollegeconnect

**Found something you'd like to give a try?**

**YES**

**Sounds good! Contact the recovery team at [headspacegroups@alfred.org.au](mailto:headspacegroups@alfred.org.au) or 0429 183 643 to set up a welcome appointment with us.**

**NO**

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