

headspace Programs

Summer Holiday Program 2020

| January 2020 | | | | |
|---|---|--|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 30 | 31 | 1 New Years Day | 2 | 3 |
| 6 Summer holiday program starts this week ! | 7 movie afternoon 12:00pm-4.00pm | 8 | 9 **Sherbrook Falls trail and picnic lunch 10:00am- 4:00pm | 10 **Bowling and Pizza 11:00- 3:00pm |
| 13 | 14 Table Tennis Tournament 1.00-4.00pm | 15 What is Creativity? 10am-4pm | 16 BBQ and Feedback garden party! 12:30-2:30pm | 17 Mindfulness group 1.00-2.00pm |
| 20 YAC induction 5-7pm | 21 Crafternoon 2.00-4.00pm | 22 | 23 **Headspace Activity Day 10:00am- 4:00pm | 24 Bake Off 1.00pm-3.00pm |

headspace Programs

KEY
Groups
Discovery College Courses – enrolment required
Committees
Peer Support Groups
**** Indicates this is a closed group with limited places available. Please contact Emily or Cassie to reserve your spot**

For all new group registrations please contact headspace on ph: **9076 9400** and arrange a Welcome appointment. For further information about the activities and key contact see below.

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| Groups | • People usually find they get different things from coming, this might include connecting with others, exploring new interests and building life skills |
| Peer support groups | • At headspace, support groups are groups of young people who gather to share lived experience of mental health challenges |
| Advisory Committees | • These committees provide feedback directly to the services and promote services at headspace |

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****Bowling and Pizza:**

We will meet at Headspace Bentleigh before walking down the road for a game of bowling . Afterwards, we'll head back for homemade pizzas Come along for lots of laughs!

Contact person: Emily Wilson or Cassie Rowe

Mindfulness Group:

Come finish off the week with a bit of relaxation and learn about the skill of mindfulness

Contact person: Emily Wilson

****Headspace Activity Day:**

Get on board with our activity day- details to be provided as soon as we know them but we can guarantee there will be some movement!

Contact Person: Britt Herbert

****Sherbrook Falls Trail and Picnic lunch:**

The plan is to head out to the Dandenongs to meet the other spokes. Join us for a bushwalk and some lunch together!

Contact person: Emily Wilson

Youth advisory committee

(YAC): Open to people aged 12 to 25 who have an interest in mental health and would like to be a part of a great team of volunteers and learn new skills.

Contact person: Ash Thornton

BBQ and Feedback Party:

Headspace garden! Music, giveaways and BBQ lunch! We want to hear what you have to say about the programs we run, Come tell us what you think!

Contact Person: Emily Wilson

Discovery College Courses: A place where people come together to learn from each other, share experiences, and reach a new understanding of mental health. Free with refreshments!

www.discovery.college

Facebook & Instagram
[@discoverycollegeconnect](https://www.instagram.com/discoverycollegeconnect)

0407 861 205

Movie Afternoon: A chill introduction to the summer program. Bring along movie suggestions, popcorn provided

Contact person: Emily Wilson

Table Tennis Tournament:

Come join us for a friendly competition with the other Headspace Spokes

Contact Person: Emily Wilson or Cassie Rowe

Bake Off: Join us for a fun afternoon of baking delicious treats! BYO container to take home any extras

Contact person: Emily Wilson or Cassie Rowe

Crafternoon:

In the mood for an afternoon of getting creative? Bring along your own project or join us for a pre-planned activity. Zero art skills required

Contact Person: Emily Wilson