

headspace Groups Term 2

April/May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 Walk and talk 2 - 3pm Cross Cultural Connections 3:15 – 4:30pm	16 Games Gang 3 - 4:30pm	17 <u>Making Sense of your Senses</u> <u>3 – 5pm (online)</u>	18 Weekly Workout 2:30 – 3:30 pm	19
22 Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm	23 Games Gang 3 - 4:30pm	24 Food Explorers 11 - 1pm	25 ANZAC DAY	26
29 Walk and talk 2 - 3pm Cross Cultural Connections 3:15 – 4:30pm	30 Games Gang 3 - 4:30pm DBT Skills ** 1-2:30 pm	1	2 Weekly Workout 2:30 – 3:30 pm	3
6 Walk and talk 2 - 3pm Peer Space 3:15 – 4:30pm	7 Games Gang 3 - 4:30pm DBT Skills ** 1-2:30 pm	8 Food Explorers 11 - 1pm	9 Weekly Workout 2:30 – 3:30 pm	10
discovery college	Peer Support Groups	Groups	Committees	Key ** Online Group

headspace Groups Term 2

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13</p> <p>Walk and talk 2 - 3pm</p> <p>Cross Cultural Connections 3:15 – 4:30pm</p>	<p>14</p> <p>Games Gang 3 - 4:30pm</p> <p>(No DBT Skills this week)</p>	<p>15</p>	<p>16</p> <p>Weekly Workout 2:30 – 3:30 pm</p>	<p>17</p>
<p>20</p> <p>Walk and talk 2 - 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>21</p> <p>Games Gang 3 - 4:30pm</p> <p>DBT Skills ** 1-2:30 pm</p>	<p>22</p> <p>Food Explorers 11 - 1pm</p>	<p>23</p> <p>Weekly Workout 2:30 – 3:30 pm</p>	<p>24</p>
<p>27</p> <p>Walk and talk 2 - 3pm</p> <p>Cross Cultural Connections 3:15 – 4:30pm</p>	<p>28</p> <p>Games Gang 3 - 4:30pm</p> <p>DBT Skills ** 1-2:30 pm</p>	<p>29</p>	<p>30</p> <p>Weekly Workout 2:30 – 3:30 pm</p>	<p>31</p>
discovery college	Peer Support Groups	Groups	Committees	Key ** Offsite Group

headspace Groups Term 2 - June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Walk and talk 2 - 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>4</p> <p>Games Gang 3 - 4:30pm</p> <p>DBT Skills ** 1-2:30 pm</p>	<p>5</p> <p>Food Explorers 11 - 1pm</p>	<p>6</p> <p>Life & Living Skills 11:00 am – 2:00 pm</p> <p>Weekly Workout 2:30 – 3:30 pm</p>	<p>7</p>
<p>10</p> <p>PUBLIC HOLIDAY</p>	<p>11</p> <p>Games Gang 3 - 4:30pm</p> <p>DBT Skills ** 1-2:30 pm</p>	<p>12</p>	<p>13</p> <p>Life & Living Skills 11:00 am – 2:00 pm</p> <p>Weekly Workout 2:30 – 3:30 pm</p>	<p>14</p>
<p>17</p> <p>Walk and talk 2 – 3pm</p> <p>Peer Space 3:15 – 4:30pm</p>	<p>18</p> <p>Games Gang 3 - 4:30pm</p> <p>DBT Skills ** 1-2:30 pm</p>	<p>19</p> <p>Food Explorers 11 – 1pm</p> <p><u>Taking the edge off: let's talk about drugs and alcohol 10am – 3pm - Danny Frawley Centre</u></p>	<p>20</p> <p>Life & Living Skills 11:00 am – 2:00 pm</p> <p>Weekly Workout 2:30 – 3:30 pm</p>	<p>21</p>
<p>24</p> <p>Walk and talk 2 - 3pm</p> <p>Cross Cultural Connections 3:15 – 4:30pm</p>	<p>25</p> <p>Games Gang 3 - 4:30pm</p> <p>DBT Skills ** 1-2:30 pm</p>	<p>26</p>	<p>27</p> <p>Life & Living Skills 11:00 am – 2:00 pm</p> <p>Weekly Workout 2:30 – 3:30 pm</p>	<p>28</p>
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DBT Skills

with Loren (she/her) & Sarah (she/her)

DBT skills group is a clinical group focussing on Dialectal Behaviour Therapy skills and strategies. It is a closed group that requires referral from a headspace clinician. Please speak to your headspace mental health supports if you are interested in the DBT Skills group.

LIFE & LIVING SKILLS

Live your best life

Engage, learn, grow and feel inspired. A seven-week program to prepare you with skills for what life throws your way.

Master chef cooking competition included.

PEER SPACE

with Ryannah (she/her) & Cam (he/him)

A group where those with lived experience can connect, unpack and inspire. Participants support each other by sharing experiences, hope and strength to tackle life's challenges.

FOOD EXPLORERS

with Joe (he/him) & Tess (she/her)

Want to learn new kitchen skills, get ideas of what to cook, or just love sharing food with others? Come and join us on our new food adventure with food explorers.

discovery college

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

Contact Claire on 0407 861 205 or visit:
discovery.college
@discoverycollegeconnect

GAMES GANG

With Issy (she/her)

Looking to level up or cure your 'board-om'?

Join us @ headspace Bentleigh for some multiplayer board games, video games, trivia, cards, and more...

WALK & TALK

Join us for a leisurely walk local to headspace Bentleigh.

A great opportunity to meet and connect with other young people, staff, volunteers and peer workers from headspace in a casual setting.

CROSS CULTURAL CONNECTIONS

with Mike (he/him)

Ever felt like you are having a cultural clash? Feeling a bit different or excluded? Do you or one of your parents speak a language other than English at home?

Or something else similar? Join our new cultural and linguistically diverse peer support group. A safe and relaxed space where we can connect, unpack, share, and support each other through these experiences.

WEEKLY WORKOUT

with Mary (she/her) & Issy (she/her)

Small group class, all levels of fitness welcome, **go at your own pace!**

Circuit style: different exercises each week including resistance, balance and cardio training.

Lots of fun, whilst improving your health, muscle & bone strength, cognition and your mood.

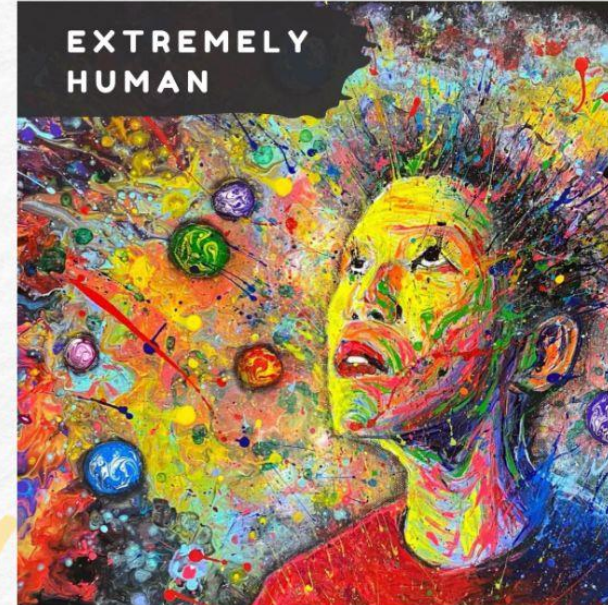
discovery college.



Courses, resources + content
about mental health + well-being.

It's free. It's for everyone.

Check out our website + timetable



**Check out our podcast
about different mental
health experiences**

