

headspace

Bentleigh

Street Ground Floor, 973 Nepean Highway,
Bentleigh VIC 3204
Mail G.03, 973 Nepean Highway, Bentleigh VIC 3204
Tel 03 9076 9400 Fax 03 9076 9444
headspace.org.au

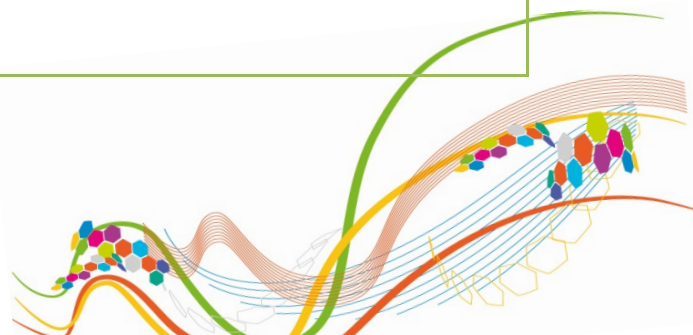
Term 2, 2016: Groups at headspace Recovery, Family and Youth

Thank you for your interest in our groups!

Who can come? The groups on this page are designed for young people aged between 12 and 25 years using headspace or a similar service.

How do I register with the group program? Or I'm not sure if I'm registered already? Contact headspace Bentleigh reception on (03) 9076 9400 and they will put you in touch with the right person. If you prefer to use email, please email I.Robertson@alfred.org.au

What	Details	When	Contact
Crafternoons @ Bentleigh	Come join us for cups of tea and crafty fun! Bring your own project if you wish.	3, 17, 31 May, 14 June 1.30-3pm	Sarah Kipnis 9076 7500 s.kipnis@alfred.org.au Please RSVP prior to first group
Move Your Body *hYEPP only	Think ball games, circuit training, boxing and sports! Suitable for all fitness and skills levels. Booking essential as space available.	Thursdays 10am-11am	Karen Salter 9076 9400 RSVP required prior to first session and for each group
Food Explorers – Back to Basics	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 next food adventure with Food Explorers!	Thursdays 11.30-1.30pm	Sarah Rijs or Lara Nikitin 9076 9400 RSVPs preferred for each session
Veggie Gardening	Are you a keen gardener or want to learn? We need your help! You are also welcome to come help water the garden or pick veggies from there during the week	11, 18, 25 May, 1, 8, 22 June 2-3pm	Elysa Watson 9076 9400 e.watson@alfred.org.au RSVP required
Hearing Voices group	This is a peer support group for young people who hear, see or sense things that other people don't.	Mondays 2-3pm (excluding public holidays)	Mel Purkiss (M, W, Th) 9076 9400 m.purkiss@alfred.org.au



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Prism Society	This peer led group is for 12-25 year olds who are questioning queer, transgender and everything between (or outside the box!)	Please contact Mel for more information	Mel Purkiss (M, W, Th) 9076 9400 m.purkiss@alfred.org.au
How to Adult	In this group we will cover topics such as how to budget for those expensive treats, identifying your strengths to help you apply for future jobs, as well as discovering all you need to know about moving out. All this and more so join us for great discussions and delicious snacks.	Wednesdays 11, 18, 25, May, 1, 8, 15 June 11am-1pm	Elysa Watson 9076 9400
Art group @Elsternwick	Our group is for anyone aged 16-25. We meet fortnightly to share ideas and skills, work on creative projects and chat about life.	10, 24, May, 7, 21 June 2-4pm	Sarah Kipnis 9076 7500 s.kipnis@alfred.org.au
Mindfulness @Elsternwick	Our group is about learning new ways to manage difficult feelings and emotions. Sign up for all 8 weeks to get the most out of it!	8 weeks from Mon April 11th – June 20 th	Sarah Kipnis 9076 7500 s.kipnis@alfred.org.au Places limited – contact Sarah to book your place!
Youth Advisory Committee (YAC)	The YAC is open to people aged 12-25 who have an interest in mental health and would like to be part of a great team of volunteers and learn heaps of new skills!	Mondays fortnightly 5-7pm	If you are interested in applying for the YAC please contact Matt Spencer 9076 9400 or Headspaceyp@alfred.org.au



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The Lounge	Families and friends of young people using Alfred CYMHS and headspace Bentleigh can use this informal space to meet others who may share similar experiences.	Contact Jacinta for next meeting date	Jacinta Kuklych (M, Tu, W) 0419 193 521 j.kuklych@sdmh.org.au Denise Halstead (M, Tu, W) 0419 202 938
Parents' Advisory Group (PAG)	The PAG is a group of family and friends of young people who use/have used Alfred CYMHS or headspace Bentleigh who provide feedback directly to the services.	Mondays 11-12.30pm Jun 20, Aug 8, Oct 10, Dec 12	Jacinta Kuklych (M, Tu, W) 0419 193 521 j.kuklych@sdmh.org.au
Discovery College courses	The Discovery College is about learning from each other: sharing experience and ideas to explore who we are, what works for us and what we can do. Courses coming up in Term 2 include: Exploring self and Identity & Mindfulness. See Discovery College course guide for more info	See course guide for more info	Lara Nikitin 9076 9400 L.Nikitin@Alfred.org.au

***The groups on this page have a separate registration process, and you do not need to register with the headspace Bentleigh group program. Please contact the person listed for each of these groups if you are interested.**

