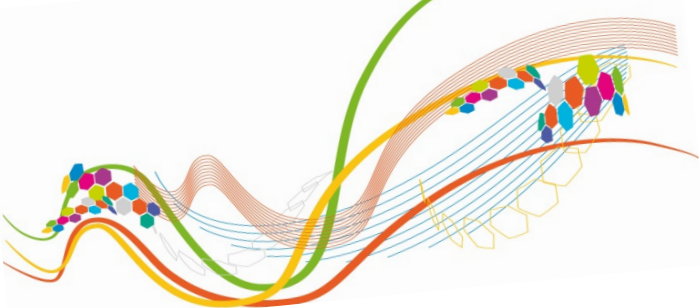


Term 2, 2016: Groups and courses at headspace Bentleigh/Elsternwick

Thank you for your interest in our groups! Who can come? Our groups and courses are designed for young people aged between 12 and 25 years using headspace or a similar service. Some of our groups are for families and friends.

How do I register? Contact headspace Bentleigh reception on (03) 9076 9400 and they will put you in touch with the right person.

| What | Details | When | Centre | Group Leader |
|--|--|--|-------------|----------------------------|
| Art group | 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 | Elsternwick | Sarah Kipnis |
| Crafternoons | 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 | Bentleigh | Sarah Kipnis |
| Discovery College courses | headspace 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. See our website for upcoming courses and how to enrol. | See course guide for more information | Bentleigh* | Lara Nikitin |
| 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 | Bentleigh | Sarah Rijs or Lara Nikitin |
| 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) | Bentleigh | Mel Purkiss |
| 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. | Wednesdays 11, 18, 25, May, 1, 8, 15 June 11am-1pm | Bentleigh | Elysa Watson |



Term 2, 2016: Groups and courses at headspace Bentleigh/Elsternwick

| What | Details | When | Centre | Group Leader |
|---------------------------------------|---|--|-------------|-------------------------------------|
| Mindfulness | 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 Monday April 11th – June 20 th | Elsternwick | Sarah Kipnis |
| Move Your Body | Think ball games, circuit training, boxing and sports! Suitable for all fitness and skills levels. Booking essential as space available. | Thursdays 10am-11am | Bentleigh | Karen Salter |
| 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 | Bentleigh | Jacinta Kuklych |
| 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 | Bentleigh | Mel Purkiss |
| 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 | Bentleigh | Jacinta Kuklych and Denise Halstead |
| 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 | Bentleigh | Elysa Watson |
| 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 | Bentleigh | Matt Spencer |

*Some headspace Discovery College courses are held at headspace Frankston and headspace Narre Warren