



Groups at headspace Collingwood

Terms 3&4, 2017



Group	Details	Dates and times	Facilitators/ Referral – please email worker, reception@collingwoodheadspace.org.au, or ring 9417 0150
Yoga with Yogahood	A six week yoga program which will help you connect with your body, build flexibility and strength, and learn to focus on the moment through breath. This free program is run by a yoga teacher from Yogahood and supported by Jess. Suitable for absolute beginners to those with more experience.	Fridays, 18 th August – 22 nd September (6 weeks), from 2 - 3pm.	(R) Jess (F) Kanchi and Bronwyn from Yogahood
Mindfulness	A small group that teaches mindfulness as a strategy for the development of greater present moment & compassionate awareness. This group is for 16 -25 year olds.	Mondays, 11 th Sept – 9 th October (5 weeks), from 3.30 - 5pm.	(R) Jess (F) Tracy and Jess
Conversation Club	A therapeutic group for young people experiencing symptoms of social anxiety. Build confidence and skills and have an opportunity to practise in a supportive environment. This group is for 16 – 25 year olds.	Fridays, 6 th October – 27 th October (4 weeks) with follow up session TBC, from 3 – 4.30pm.	(R) Jess (F) Jess and Mark
Art Well	An art group facilitated by a peer worker (also a young person!). Express yourself, learn some new techniques and meet new people in a fun and relaxed environment.	Tuesdays, 22 nd August – 26 th September, from 3.30 - 5pm.	(R) Jess (F) Katey and Evangeline