

BENTLEIGH

COURSE	LOCATION	ABOUT THE COURSE	LENGTH	DATES
Making Sense of your Senses	headspace Bentleigh	This course brings people together to explore the relationship between our senses and mental health, giving you the opportunity to experiment with new options for self-care and build an awareness of how environments and external influence can impact us.	PART A 1 session PART B 3 sessions	PART A Wed 10 Oct 12 – 4pm PART B Wed 17, 24 & 31 Oct 1:30 – 4pm
Breaking the Taboo: giving a voice to the topic of suicide	CYMHS Seminar Room Bentleigh	This course brings people together in a safe place to share in the many views and perspectives around the topic of suicide. A space to consider how we might have more open, honest and compassionate conversations about a topic that we often feel unable to do so.	2 sessions	Thurs 18 Oct & Fri 19 Oct 1 – 4pm
What is a diagnosis?	CYMHS Seminar Room Bentleigh	Through a panel discussion a range of experts share what diagnosis means for them. Let's open up a space to explore the value, meaning and worth for those impacted by diagnosis and those working with or supporting them.	1 session	Fri 2 Nov 12:30 – 3:30pm
What is creativity?	CYMHS Seminar Room Bentleigh	This course brings people together to explore and play with the idea of creativity, its many forms and meanings and the value it can bring to understanding ourselves and others.	2 sessions	Fri 16 & 23 Nov 12 – 3pm

DANDENONG

Mindfulness	headspace Dandenong	If you're interested in experiencing a range of mindfulness skills and techniques, and learning about how you can live or support others to live mindfully then this course is for you.	PART A 1 session PART B 3 sessions	PART A Wed 7 Nov 1 – 4pm PART B Wed 14, 21 & 28 Nov 1 – 3pm
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FRANKSTON

In Someone Else's Shoes: different ways of understanding	headspace Frankston	This course brings people together to explore many different ways of understanding theirs and other people's experiences in mental health.	1 session	Fri 9 Nov 10am – 4pm
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Want to know more? Email us at info@discovery.college
 or give us a call on **(03) 9076 9467**

Want to enrol? Grab an enrolment form and send to the email above!