

# 2019 Timetable Term 3 & 4

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COURSE	LOCATION	ABOUT THE COURSE	WHEN?
What is Creativity?	Seminar Room CYMHS Moorabbin	Creativity means a lot of different things to a lot of different people. This course explores how creativity can help us to understand ourselves, others, and health and wellbeing. 1 x 6 hour session	Fri 12 July 10am – 4pm
Making Sense of your Senses: PART A	Room 50 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 1 x 4 hour session	Tues 30 July 12 – 4pm
Mindfulness: PART A	Room 50 headspace Bentleigh	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. 1 x 3 hour session	Wed 11 Sep 12 - 3pm
What is it about Medication?	Seminar Room CYMHS Moorabbin	This course brings people together to engage in an open dialogue about the role of medication in mental health. It will allow for a space to explore the experiences you have, or have had with medication. 1 x 3 hour session	Wed 18 Sep 10am – 1pm
Understanding Self-Harm	Hastings Community Hub	In this course, we'll explore different perspectives around the facts and realities of self-harm through open & compassionate discussions. 1 x 6 hour session	Tues 8 Oct 10am – 4pm
What is a Diagnosis? Panel discussion	Alfred Health Carer Services - Frankston	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 x 3 hour session	Fri 1 Nov 12:30 – 3:30pm
Making Sense of your Senses: PART A	Room 50 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 1 x 4 hour session	Tues 12 Nov 12 – 4pm
Making Sense of your Senses: PART B	Room 50 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 3 x 3 hour session	Tues 19, 26 Nov & 3 Dec 1 – 4pm
In Your Write Mind: Exploring creative writing & recovery	Seminar Room CYMHS Moorabbin	Writing has endless possibilities. This course aims to explore what writing might look like in all of our lives. Through practical activities and sharing stories we hope to gain a better understanding of ourselves, others and health and wellbeing. 1 x 6 hour session	Fri 29 Nov 10am – 4pm

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