



StarHealth
First for your Health & Wellbeing

Group Program Quarterly Calendar

July, August & September 2017

starhealth.org.au

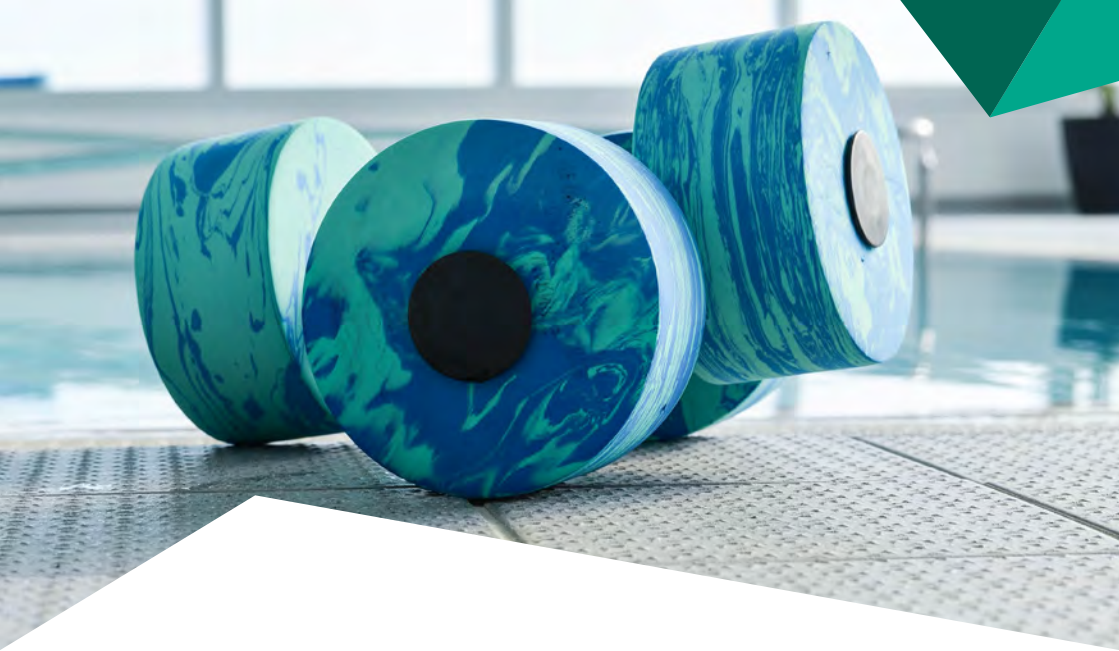


Bowling for fun

INFORMATION

Details	A peer - led social group on Thursday's
Time	1:00pm - 3:00pm
Location	AMF Moorabbin - 938 Nepean Highway 5 min walk from Moorabbin Station (Frankston Line).
Cost	\$6.45

*If interested in joining please contact **Josh** or **Paul** at the Cheltenham team on **9525 1300** or speak to your case manager.*



Warm Water Exercise Group

INFORMATION

When	Every Tuesday
Time	1:00pm - 2:00pm
Location	MSAC, Albert Park

Some transport options may be available.

If you are interested in joining or for more information please speak with your case manager.



Veg Out Community Gardens St Kilda

Gardening Group

Veg Out is a gardening group for people who want to learn how to grow, harvest and prepare their own vegetables in St Kilda. You will have the opportunity to spend some time outside and do some physical activity as well as meet new people from different cultures and of different ages.

No Gardening experience necessary!

INFORMATION

When	Every 2nd Wednesday of the month
Time	11:00am - 1:00pm
Location	Veg Out Garden St Kilda Cnr Shakespeare Grove & Chaucer Street

*If you are interested in joining or for more information please speak to your case manager or contact **Imogen** on **9525 1300***



Let's talk Mental Health & Substance Use

Take charge of your health and wellbeing by exploring;

- ▶ What is **dual diagnosis** (mental health and substance use)?
- ▶ The **options available** to you for support and treatment.
- ▶ How to **access** mental health and substance use treatment services.
- ▶ Understanding **your rights** with respect to mental health and alcohol and other drug services.

INFORMATION

When	Tuesday 4th July
Time	2:00pm - 4:00pm
Location	StarHealth - 18 Mitford Street, St Kilda

Afternoon Tea will be provided.

To book into the session or for more information please contact **Stefanie** on 8644 3342 or **Kristen** on 9066 1469

Did you know that the Mental Health Compass website was developed by a consumer following her experiences within the mental health system?

Join us for tea and a chat to hear her experiences and learn more about how the website could help you.



Mental Health Compass

FREE Information Session. ALL WELCOME!!

- Your rights in mental health system
- Tools for Recovery
- Finding the right support services for you
- Tips on how to take control of your health information
- How to get support as a carer

INFORMATION

When	Wednesday 26th July
Time	1:00pm - 3:00pm
Location	StarHealth - 18 Mitford Street, St Kilda

*To RSVP please contact **Ilona Morrison** or **Kate Nunan** on **9525 1300** or email **mhgp@starhealth.org.au***



mentalhealthcompass.com.au



Mindfulness Group

Group will provide practical tools and information about Mindfulness.

There are many benefits of mindfulness, some are:

- Reducing stress and worry
- Promoting relaxation and enjoying the moment
- Allowing people to achieve their goals

INFORMATION

When	Wednesdays - Starting 6th September for 5 weeks (ending 4th October)
Time	3:15pm - 4:30pm
Location	Grattan Gardens Community Centre 40 Grattan Street, Prahran

*If you're interested in joining or for more information please contact **Mel** or **Stephanie** - Prahran Mental Health team on **9525 1300***



Life beyond cigarettes

This program is for people who are:

- Thinking about quitting
- Wanting to cut back
- Really keen to quit smoking

The group provide a friendly and supportive place where you can learn more about how to quit or cut back your smoking.

INFORMATION

Details	It's an 8 week group - On Tuesdays
Starting	1st August
Time	1:30pm - 3:30pm
Location	StarHealth - 18 Mitford Street, St Kilda

*If you're interested in joining or want more information please contact **Kate Chester** or **Anthony** on **9525 1300**.*



Standing up to anxiety

Do you find that anxiety prevents you from doing the things you would like to do?

A six week structured group for people who want to reduce the effects of panic and anxiety in their lives. The group aims to provide support and inspiration through sharing information, ideas and practical strategies.

INFORMATION

Details	Mondays starting on 24th July
Time	2:00pm - 4:30pm
Location	StarHealth - 18 Mitford Street, St Kilda
Cost	\$5 per session (Exemptions available)

This group is open to all community members so feel free to invite your friends!

*To register your place or for more information please call **Heather** or **Tara** on **9525 1300***



The Art of Change

The Art of Change is a 6 week Creative, Recovery, Skill Building program for improving mental wellbeing while promoting positive change in your life.

Through the exploration of creative modalities;

- Develop new life skills to help manage your mental health and or substance use
- Understand your mental health better
- Increase motivation to make positive changes in your life
- Connect with other like minded people

This is a free program where personal choices are respected and self-responsibility and self-expression encouraged.

INFORMATION

Details	Fridays - Starting 11th August (ending 15th September)
Time	12:30pm - 2:30pm
Location	StarHealth Cheltenham Level 2, 11 Chesterville Road

*If you're interested in joining or for more information please contact **Kate Nunan** or **Ilona Morrison** on **9525 1300***



On Ya Bike Cycling Group

**Are you interested in joining a bike group?
Be supported to build confidence and cycling skills.**

*To register your interest in a possible upcoming group,
please contact **Ilona** on **9525 1300** or
email mhgp@starhealth.org.au*

Have skills and experience
that you think could assist us
to develop our program or
support others?

*If so please get in touch. Call **Ilona Morrison**
or **Kate Nunan** on **9525 1300**
or email mhgp@starhealth.org.au*



Locations

StarHealth Group Pty Ltd

PO Box 103 South Melbourne Victoria 3205

Cheltenham

11 Chesterville Road Cheltenham 3192

F 03 8644 3326

Prahran

240 Malvern Road Prahran 3181

F 03 9521 2474

St Kilda

10 Inkerman Street St Kilda 3182

F 03 9525 4492

18 Mitford Street St Kilda 3182

F 03 9066 1578

South Melbourne

341 Coventry Street South Melbourne 3205

F 03 9696 7228

9525 1300



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