

2025 GROUP SCHEDULE TERM 1

For all enquiries and enrollments email info@smart-support.org



smartsupport

UNDERSTANDING YOUR MENTAL HEALTH

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:AM

10:AM

11:AM

12:PM

1:PM

2:PM

3:PM

4:PM

5:PM

6:PM

7:PM

8:PM

9:PM

COMMUNITY CONNECTIONS

10:00 - 12:00 PM
COMMUNITY

READ, WATCH & WRITE!

2:00 - 4:00 PM
BELGRAVE

BEYOND BOARD

1:30 - 3:30 PM
EUMEMMERRING

DUNGEONS & DRAGONS

1:00 - 4:00 PM
EUMEMMERRING

D & D HOLIDAY PROGRAM

READ, WATCH & WRITE!



Monday 1:30pm - 3:30pm

Belgrave, VIC

**Commencing: Monday 3rd of February.
Cost: \$2 donation Per Person, per week.**

This group offers a dynamic opportunity of exploration on the art of movies, books, and writing. Discussion and implementation of literature will engage participants in their written and visual storytelling, with the aim to inspire participants to enhance their creative abilities in a supportive and collaborative environment. Participants will be provided with fun discussion points and activities to deepen their critical thinking and creativity.

JOIN NOW

info@smart-support.org

03 5922 4510

BEYOND BOARD

Wednesday 1.30-3.30pm

Eumemmerring, VIC

Commencing: Wednesday 5th of February.

Cost: \$2 donation Per Person, per week.

Beyond Board focuses on enhancing problem solving and challenging decision making while socialising and engaging with others in a fun atmosphere.

Each week a new game will be played, with new outcomes and new challenges to face.

Don't miss out on the excitement of this group!

JOIN NOW

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COMMUNITY CONNECTIONS

Thursdays 10.00-12.00pm.

Various Community Locations.

Cost: \$2 donation Per Person, per week.

Commencing: Thursday 6th of February.

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Participants will learn to implement social and individual skills to connect with others, whilst completing activities within a supportive environment.



DUNGEONS & DRAGONS

Friday 1.00-4.00pm

Eumemmerring, VIC

Cost to play: \$4 Per Person, per week.

Commencing: Friday 7th of February.

D&D is a Tabletop Role-Playing Game (TTRPG) that promotes imagination, critical thinking, problem-solving and social engagement.

The only limits to this game are the imaginations of it's players and the Dungeon Master.

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DUNGEONS & DRAGONS HOLIDAY PROGRAM

Friday 1.00-4.00pm

Eumemmerring, VIC

Cost to play: \$4 Per Person, per week.

Commencing: Friday 11th & 18th October

This program is designed for our mental health participants to attend sessions of Dungeons and Dragons which will include a short adventure that will be completed within 2 sessions (“One Shots”).

Participants will be provided with premade character sheets and a basic adventure will be played which can serve both as a fun and exciting experience for regular players, and can allow new players to dip their feet into a new experience and meet other players without needing to commit to an entire school term.

JOIN NOW

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