



SEE MENTAL HEALTH DIFFERENTLY

ONLINE ACTIVITY GROUPS



Sept – Nov 2020

A monthly program of online activity groups delivered via Zoom. Groups are required to be booked in 24 hours in advance.

BOOKINGS: 1300 287 051

SEE MENTAL HEALTH DIFFERENTLY

ACTIVITY GROUPS

SEPTEMBER 29TH – NOVEMBER 20TH

2020 PROGRAM

ONLINE ORIENTATION REQUIRED BEFORE YOUR FIRST BOOKING. CALL 8378 4100 TO ARRANGE

Wednesdays

Online Meditation

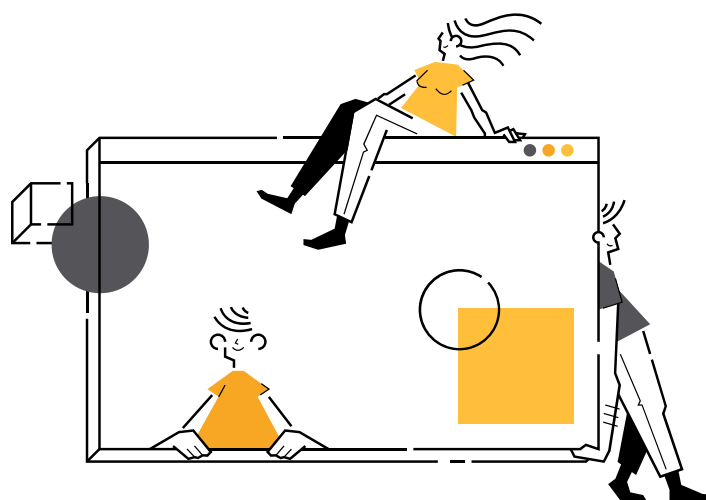
11:00am – 1:00pm

Hybrid online group alongside our face-to-face Wayville Meditation Group. Experience different styles of meditation including mindfulness, breath awareness and progressive body relaxation. Learn to improve concentration and calm thoughts.

Art with Toni

1:00pm – 3:00pm

Get creative and have fun! Unleash your artistic side and improve your skills



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LIMITED NON NDIS PLACES AVAILABLE OR ACCESS THROUGH YOUR NDIS PLAN.

***NORMAL CANCELLATION RULES APPLY**

Thursdays

Music

2:00pm – 4:00pm

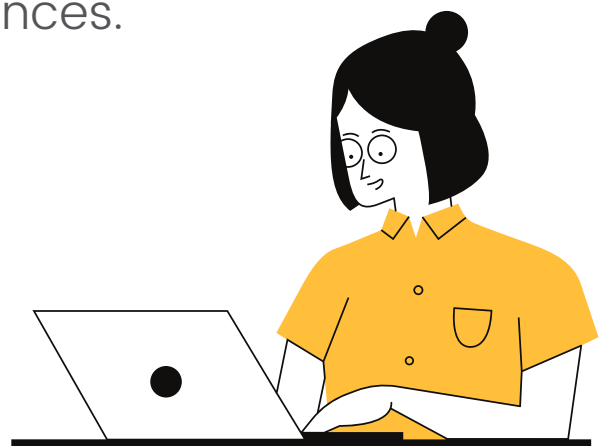
Get together with the group online!
We will jam together and have an great time singing and playing our favorite tunes!

Fridays

Online Community Connect

2:00pm – 4:00pm

Hybrid online group joining with the face-to-face Parnangga Social Circle. An opportunity for all Skylight participants to meet, connect, learn, share stories and experiences.



ACTIVITY GROUPS

ONLINE

INFORMATION

Our online programs promote wellbeing in a supportive online environment. Our various groups and programs offer opportunities for individuals to progress their recovery and prevent relapse by improving their ability to manage their mental health.

INFORMATION

Skylight Mental Health provides a safe online place where people can build skills, develop friendships, be accepted and connect with others in the Skylight online community. Our friendly staff will support you and assist people to participate whilst navigating the online environment.

ACCESS

To access Skylight online activity groups an orientation is required to join. To book an orientation please phone our Customer Relations Team on 8378 4100. After you have completed an online groups orientation successfully you can book into any of Skylight's online activity groups. A suitable computer or smartphone is required with an internet connection. *Limited non NDIS places available or access through your NDIS plan.

TECHNICAL ASSISTANCE

If you are having trouble accessing the group, please contact us on 8378 4100 and Skylight's tech team will be in touch with you shortly.

ACTIVITY GROUPS

ONLINE

HOW DO ONLINE GROUPS WORK?

- Groups are required to be booked in 24 hours in advance
- All online groups are accessible for all regions of SA and not limited by your physical location.
- You will receive a text notification 24hrs before as a reminder.
- Zoom links will be sent via email 24hr before the start of the group.
- You will be advised of what resources or equipment you will need for the group.
- When you join a group you will be placed in a waiting room until the Host opens the group.
- Our groups are designed to incorporate time for necessary preparation, addressing any technical difficulties, the group to gather in the zoom chat, the group activity, then group debrief and regroup and conclusion of the group.



ACTIVITY GROUPS

ONLINE GROUP NORMS

ONLINE GROUP PROGRAMS REQUIRE PARTICIPANTS TO BE ABLE TO CONTRIBUTE TO GROUP NORMS, MANAGE, NEGOTIATE AND ADJUST BEHAVIOURS WITHIN A GROUP SETTING IN ACCORDANCE WITH GROUP NORMS.

GROUP NORMS

- As always, Skylight staff will work with participants to ensure that all groups including online platforms are respectful and safe for all. Please do not smoke while attending online groups or attend under the influence of drugs or alcohol.
- Please respect the privacy of other participants by never making an unauthorised recording of any Skylight video.
- Please ensure only booked-in participants are viewing the video. If you require a Support Worker they must be visible on the screen but not actively participate in the group.
- Please consider your surroundings when you are participating... is there anything that others might see in the video that you may like to keep out of sight? Please find a quiet place and remain stationary, consider background noise and ensure no one else can view or hear the video.

ACTIVITY GROUPS

ONLINE GROUP NORMS

BOOKINGS HAVE TO BE MADE AT LEAST 24 HOURS IN ADVANCE DUE TO TECHNOLOGY AND OTHER REQUIREMENTS.

GROUP NORMS CONTINUED

- Online platforms work better when participants take turns talking and everyone participating is visible on the screen. Please allow space to take turns in speaking and only have one participant per phone with a maximum of 2 participants on other devices (following the direction of the host/facilitator will be important).
- Be on time – some groups do have an expiry join time and you will NOT be able to join after this time. Please ensure all your equipment is set up, working and you are ready before you join. If you require technical assistance, please call Skylight on 8378 4100 before the group starts.
- There will be times in some online groups where the staff will ‘mute’ participants to improve the online experience for all (e.g. when the staff are giving guidance, or if there is too much background noise or feedback)
- It’s very unlikely to occur, but Skylight staff reserve the right to remove a participant from a group if there is a concern about the welfare of the group or individual



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