

Mental
HEALTH
WEEK
> 2020

→ We all
have a role
to play...

* 5-10
OCTOBER

REACHING OUT

& CHECKING IN

Join us for some **FREE** activities

Monday 5th—Friday 9th October 2020



12noon—1.30pm **Mon 5th**

10.30am-12noon **Fri 9th**

Kinda Listening

with Linda Allen

A structured safe space circle for sharing and practicing listening. Strengthens connection, wellbeing and community.

Confidential and with equal sharing. Your presence will be appreciated.

1-4pm **Mon 5th**

12noon-3pm **Fri 9th**

Art from the Heart

with Emma Belle Smallwood

Emma Belle, local artist, will provide beautiful images inspired by the Channel for you to colour while you have a chat and a cuppa. Work on your own or on a group picture.

All materials provided.

10am-12noon **Wed 7th**

Heart-Centred Wellbeing

with Klaus Baur

Klaus will introduce the meditative practices associated with heart-centred wellbeing. You may come away feeling lighter, happier, and more connected to your smiling heart.

1-4pm **Wed 7th**

Mindful Mosaics

with Trina Blazely

Trina will teach the basics of mosaics and support you to create something to experience the meditative qualities of the art.

1-3pm **Thu 8th**

Stretch your Creative Muscle—It's Easy

with Brett McDermott

Brett talks about the pros and cons of art in therapy and introduces some fun and easy drawing exercises to show you how easy and beneficial it can be.

**No booking required
for this one**



11am-1pm **Sun 18th**

Wags 'n' Snags

At Middleton

Join us for a walk along the Middleton Esplanade. Bring your dog if you have one or just bring yourself.

After the walk, join us for a
FREE sausage sizzle.

Bookings Required

Phone 6267 4713



For more information and to RSVP:

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