

Mental Health Month COORDINARE Provider Events

South Eastern NSW



7, 16, and 23 October, 8:30am to 5pm

Headspace Queanbeyan Mental Health Month at Riverside Plaza

131 Monaro St, Queanbeyan NSW

Headspace Queanbeyan will be at Riverside Plaza providing information, merchandise and a fun spin the wheel activity for the chance to win a gift. This is a free event

9 October 12:30-2pm

National Mental Health Consumer Alliance Strategic Plan Launch

Online webinar

In this 90-minute webinar, you'll hear from the leaders of this movement as we reflect on the history of consumer activism, celebrate hard-won reforms, and name the barriers that remain. Register [here](#).

9 October 11am - 2pm

Wellways Bega

Bega Uniting Hall, 125 Gipps St Bega

Free sausage sizzle, face painting, postcard exhibition and entertainment.

10 October, 10am- 2pm

Give a Roar for Wellbeing - Lions Club of Pambula - Merimbula

Merimbula Visitors Information Centre, 7/29 Market Street, Merimbula

A mini Wellbeing Fair to increase awareness and reduce the stigma around mental health and promote wellbeing in association with local support services and support groups – Headspace, Directions Youth, Suicide Prevention Action Network (SPAN), and other mental health service providers and supporters.

14 October, 2pm - 3pm

Let's chat: Mental Health Month Talks

Batemans Bay Library Hanging Rock Pl, Batemans Bay NSW 2536

Join us in Mental Health Month with Joel Boucher from Wellways for a chat about mental health. This workshop will provide you with tools to help manage feelings of overwhelm and improve stress, bringing back a sense of life balance. Register [here](#).

16 October, 12:30pm- 1:30pm

Let's chat: Mental Health Month Talks

Moruya Library Vulcan St, Moruya NSW 2537

Join us in Mental Health Month with Joel Boucher from Wellways for a chat about mental health. This workshop will provide you with tools to help manage feelings of overwhelm and improve stress, bringing back a sense of life balance. Register [here](#).



For more information about Mental Health Month, click [here](#).

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22 October, 10:30am- 11:30am

Let's chat: Mental Health Month Talks

**Narooma Library Field St, Narooma
NSW 2546**

Join us in Mental Health Month with Joel Boucher from Wellways for a chat about mental health. This workshop will provide you with tools to help manage feelings of overwhelm and improve stress, bringing back a sense of life balance. Register [here](#).

24 October from 2-6pm

Deadly Sounds - Medicare Mental Health Hub Shellharbour

**The Servo, 6-8 Wentworth Street, Port
Kembla, NSW**

A fun, alcohol-free afternoon of music and food. We are having a focus on engaging Aboriginal and Torres Strait Islander community, there'll be stalls from services in the community that you can connect with, and guest speaker Marlene describing her wellbeing journey.

30 October, 10:30am-11:30am

Directions - Mindful Movement Group

Bega Uniting Hall, 125 Gipps St Bega

A guided group practice of simple gentle movements from sitting in a chair or standing. Support to take a break from worry and overthinking, improve circulation and vitality in the body release stress from muscles, turn down the fight and flight, switch on the rest and relax and connect with others. No need to register, arrive for 10:30am.

25 October, 4:30pm

Digging Deeper for Youth Mental Health

20 Auckland St, Bega, NSW

Grow the Future and FLING are coming together to mark the end of Mental health month, with an afternoon of land regeneration, followed by dinner and a film screening for young people. Register [here](#).

30 October

Directions Health - BBQ at Sapphire Community Pantry

TBC

No need to register, but please be there for the start at 10:30am



For more information about Mental Health Month, click [here](#).