

Mental Health Week 2017 Program of the Week's events

www.mentalhealthandwellbeingfusion.weebly.com

Sunday 8th Oct	<p>Moving to Wellness Fun Walk 8.00 registrations 9:00am start @ Maroochydore Rotary Park Cotton Tree Enquiries: Community Focus 5479 3110</p> <p>Mental Health Week will kick off with a walk from Cotton Tree Park and back followed by short sessions of drumming, tai chi, yoga and more in the park. For bookings go to https://www.eventbrite.com.au/e/moving-to-wellness-tickets-36086705307</p>
Monday 9th Oct	<p>headspace Day 10.00am-2.00pm At headspace Unit 1 27 Evans St Maroochydore Enquiries: 5409 4900</p> <p>headspace Maroochydore would like to invite you to join us in celebrating headspace day. Come along in your greenest garb and enjoy some creative awesomeness, music and food! If you're a young person wanting to jam + express yourself bring your voice/skit/instruments along!</p>
Tuesday 10th Oct	<p>Pearl Open Day 11.00-3.00pm At PEARL 289 Nicklin Way Warana Enquiries: 5443 1558 The 'Community Connections Fair' aims to showcase the local Mental Health support options and resources that are available within the Sunshine Coast Community. The event will be themed like a fair, with games, activities and music. This will make it fun and engaging, whilst breaking down the stigma that can often be attached to Mental Health Week events.</p>
	<p>Conversation Corner Butter Factory Arts Centre 11A Maple St Cooroy 10 – 14 October 2017, 10am – 2pm daily Making Light of the Dark-Ian Richter A collection of photographic images that speak to those people who have Depression.</p>
	<p>Free Movie Night "Silver Linings" plus popcorn & small drink 6.00pm At Gympie Cinemas 82 Monk St Gympie. Bookings essential Contact PHN Gympie office 5482 6770</p> <p>Wellness Station at Sunshine Coast University Hospital Foyer 9.00-3.00pm 6 Doherty Street Birtinya</p>
Wed 11th Oct	<p>Steve Parish - Leading a Creative Life Butter Factory Arts Centre 11A Maple St Cooroy Wednesday 11 October 2017 1:30pm</p>
	<p>Mental Wellness Day 9.30am-3.00pm@ Glasshouse Mountains Neighbourhood Centre Lot 4 Ryan St Glasshouse Mountains Enquiries:54387000 A day to celebrate all forms of mental health. To learn from each other and experience short 'tasters' of ways that we can support ourselves. Current topics include Art Therapy, Relaxing your Mind and Mental Wellness in our Community.</p>
Thursday 12th Oct	<p>"Path To Wellness" Art Show 5.30-8.30pm At Cooina Mental Health Services The Sunshine Coast Private Hospital 12 Elsa Wilson Drive Buderim Enquiries: 5430 3305</p>
	<p>Graceville's "Wellness Station" 9.00-2.00pm At Nambour Village Square Market Lowe St Nambour Enquiries: 5441 4682</p>
Friday 13th Oct	<p>Courageous Communities Conference 8.30am-4.30pm East Coast Region TAFE Queensland 71 Cartwright Road Gympie Queensland 4570</p>
Saturday 14th Oct	<p>Conversation Corner Butter Factory Arts Centre 11A Maple St Cooroy 10 – 14 October 2017, 10am – 2pm daily</p>
Sunday 15th Oct	<p>Rotary Walk 8.00am-1.00pm Mooloolaba Surf Club The walk will commence from the Mooloolaba Surf Club at 8am. Registration will open at 7 am. There is a choice of a short walk or a longer walk. The short walk will turn around at the Alex Surf Club. Ticket information www.mooloolabarotary.org</p>

