

Mental Health Month COORDINARE Provider Events

South Eastern NSW



Headspace Queanbeyan Mental Health Month at Riverside Plaza

*Riverside Plaza, 131 Monaro St,
Queanbeyan NSW*

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

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

National Mental Health Consumer Alliance Strategic Plan Launch

*Online webinar
9 October 12:30-2pm*

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](#).

Wellways Bega

TBC

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

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

10 October, 10am- 2pm

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.

Let's chat: Mental Health Month Talks

*Batemans Bay Library Hanging Rock Pl,
Batemans Bay NSW 2536*

14 October, 2pm - 3pm

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](#).

Let's chat: Mental Health Month Talks

*Moruya Library Vulcan St, Moruya NSW
2537*

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

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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Let's chat: Mental Health Month talks

Narooma Library Field St, Narooma NSW 2546

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

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](#).

Deadly Sounds - Medicare Mental Health Hub Shellharbour

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

24 October from 2-6pm

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.

Directions - Mindful Movement Group

*Bega Uniting Hall, 125 Gipps St Bega
TBA*

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.

Digging Deeper for Youth Mental Health (Non-COORDINARE provider event)

20 Auckland St, Bega, NSW

25 October, 4:30pm

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](#).



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