

Mental Health Week Events BUNBURY 2020

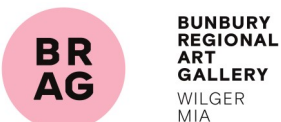
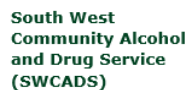
Strengthening our Community
Live Learn Work Play



BUNBURY MENTAL HEALTH WEEK 2020

Monday 12th Oct	Tuesday 13th Oct	Wednesday 14th Oct	Thursday 15th Oct	Friday 16th Oct
<p>Mental Health Week 2020 Opening Mayor Gary Brennan City of Bunbury building. 9:15am—9:30am</p> <p>Mental Health First Aid Training (day 1) Volunteer South West 9:30am—4:00pm City of Bunbury building. (ticketed event)</p> <p>The New Beaut Coffee Ute Coffee Consortium 10:30am - 11:30pm Bunbury Regional hospital - APU Free large coffee and muffin for the first 50 attendees (closed event)</p> <p>Mental Health Week 2020 Art Exhibition BRAG All welcome</p>	<p>Mental Health First Aid Training (day 2) Volunteer South West</p> <p>Circle of Connection (SWWHIS) 9:30am -2:00pm Social connection, managing stress, creative art and Dance encouraging movement and freeing up of the body. Talk, creative activity, making a Mandela and self compassion box. Lunch included and dance to finish (Women's only event)</p> <p>Withers Community Gardening Commissioning and coffee cart Pathways SouthWest 10:00am—1:00pm Free coffee for the first 50 people followed by a sausage sizzle after the garden beds are put in place. All welcome</p> <p>Mental Health Week 2020 Art Exhibition BRAG All welcome</p>	<p>Big Swamp walk. Outdoor games and drumming. BBQ Lunch Accordwest headspace Relationships Australia Foodbank Big Swamp Playground, Prince Phillip Dve 10:30am – 2:00pm All welcome</p> <p>Mental Health Week 2020 Art Exhibition BRAG All welcome</p>	<p>safeTALK South West Community Alcohol and Drug Service Bunbury City Library 9:00am - 4:00pm (ticketed event)</p> <p>Creative Connections Open Art Class Bunbury Regional Art Gallery 10am—12pm (ticketed event)</p> <p>Community BBQ SWAMS Koombana Bay, Anchorage Cove 11.00am – 2:00pm All welcome</p> <p>Mental Health Week 2020 Art Exhibition BRAG All welcome</p>	<p>Volunteering Expo Volunteer South West headspace Lotteries House 10:00am-1:00pm All welcome</p> <p>Bunbury Mental Health Week Ball Pathways SouthWest Light House Hotel 6:00pm-10:00pm (ticketed event)</p> <p>Mental Health Week 2020 Art Exhibition BRAG All welcome</p>

For more information about Bunbury Mental Health Week 2020 visit <https://mentalhealthweek.org.au/events/>



This activity is supported by funding from the Australian Government through the PHN Program.