

BUNBURY MENTAL HEALTH WEEK 2023

Saturday 7 October	Monday 9 October	Tuesday 10 October	Wednesday 11 October	Thursday 12 October	Friday 13 October	Saturday 14 October
Blue Leaf Investing in Our Youth Beyond Games Bunbury Dungeons & Dragons Role for panic attack Register for tickets 10AM – 4PM	Bunbury Mental Health Week Art Exhibition Bunbury Geographe Chamber of Commerce and Industry 15 Stirling Street 9AM-4:30PM All Welcome	Bunbury Mental Health Week Art Exhibition Bunbury Geographe Chamber of Commerce and Industry 15 Stirling Street 9AM-4:30PM All Welcome	Bunbury Mental Health Week Art Exhibition Bunbury Geographe Chamber of Commerce and Industry 15 Stirling Street 9AM-4:30PM All Welcome	Bunbury Mental Health Week Art Exhibition Bunbury Geographe Chamber of Commerce and Industry 15 Stirling Street 9AM-4:30PM All Welcome	Bunbury Mental Health Week Art Exhibition Bunbury Geographe Chamber of Commerce and Industry 15 Stirling Street 9AM-4:30PM All Welcome	
	Josh Langley “Being Wildly Kind” Child & Parent Centre Collie Valley 10AM - 12Noon All welcome	Turkey Point Water Based Activities & sausage sizzle Pathways SouthWest Clubhouse Leschenault Drive 10AM-2PM All Welcome	Thommo's Garden South West Women's Health & Information Centre Gardening Group Fresh Produce, Prep and Swap, Share workshop @ Tommos' Community Garden 9AM-12Noon	safeTALK training To learn more about safeTALK and to see the evidence visit the LivingWorks website. Where: Bunbury Public Library, Parkfield Street 10.30AM– 11.30AM Cost: Free <u>Bookings required</u>	Mental Health: Breaking Through Stigma Help break the stigma of mental health one conversation at a time Where: Bunbury Public Library, Parkfield Street 10.30AM– 11.30AM Cost: Free	Yallo Mindful Together Dalyellup Community Centre Equanimity Yoga, Drumming Investing in Our Youth All Welcome FREE event Register at hello@iioy.org.au
			Big Swamp Walk, Drumming & Community BBQ Accordwest, headspace, WAAC Relationships Australia <u>Big Swamp Playground</u> , South Bunbury 10:45 - 2pm All Welcome	C.A.S.T Open Day Cultures All Singing Together <u>Yallo Dalyellup</u> 6:30pm - 7:30pm Everyone Welcome No singing experience required		
	Youth Mental Health First Aid Monday 9 October <u>and</u> Tuesday 10 October 9AM - 5PM PCYC Bunbury Register for tickets					
	Bunbury Mental Health Week launch Bunbury Geographe Chamber of Commerce Pathways SouthWest WA Primary Health Alliance Cultures All Singing Together (CAST) 4PM – 6PM All Welcome	Josh Langley “Being Wildly Kind” Yallo Dalyellup 3:45PM - 5PM All welcome	Josh Langley “Being Wildly Kind” Child and Parent Centre Carey Park 3:30PM - 5PM All welcome	Conversations About Non-Suicidal Self-Injury Learn how to assist a person who is engaging in self-injury PCYC Bunbury 4PM-8PM Register for tickets	Mental Health Week Ball Pathways SouthWest Dance Steps South West GP down south 6PM-10PM Ticketed event	
						

Take time to reflect on what you have accomplished recently

Make time to do something you really enjoy

Be willing to share how you feel and ask for help when needed

For more information and booking links scan or click on the QR code

VENUES

Big Swamp Playground

Please meet for walk at the Eastern Playground carpark closest to Minninup Rd (not at the Wildlife Park)

Bunbury Geographe Chamber of Commerce & Industry

15 Stirling Street, Bunbury

Beyond Games & Hobby

Collie Child & Parent Centre

Wilson Park Primary School

Child and Parent Centre

Carey Park Primary School,
Ecclestone Street, Bunbury

Pathways SouthWest Clubhouse

Leschenault Drive, Vittoria

PCYC

Corner Parade Road & Wimbledon Way, Hay Park Sporting Reserve , Bunbury

Thommo's Garden

Robertson Drive, Glen Iris

Yallo

135 Norton Promenade, Dalyellup

Click or scan the QR code for more information and bookings on all our events



SUPPORTED BY

