

you're INVITED

Emmanuel Centre is inviting you to a talk and morning tea to celebrate Mental Health Week.



Date: Monday 6th October, 2025

Time: 9.30am – 11.30am

Venue: St. Mary's Cathedral Parish Centre (Undercroft)

Join us for a warm and welcoming morning with guest speaker Allison Watt as we reflect on the importance of mental wellbeing and community support. This will be followed by a scrumptious morning tea in honour of Mental Health Week.

About The Speaker: Alison Watt

Alison works as a psychologist with qualifications in Psychology and Social Services. She has experience in working with adults, youth, children and families. She brings a respectful and compassionate perspective and enjoys helping her clients find healthy perceptions of themselves. Alison has worked extensively with multicultural urban and rural communities, both locally and interstate.



Alison is a woman of faith, a mum with children and grandchildren and a wife of 39 years that. She has a heart for those in need. She has worked in Catholic schools and is currently in private practice.

Alison is going to talk about “Structures for Maintaining Good Mental Health.”

About Mental Health Week:

Mental Health week is celebrated nationally. It falls between 4 – 11 of October and brings awareness to mental health and wellbeing.

RSVP by Friday 26th September to emmanuelcentre@perthcatholic.org.au



The Emmanuel Centre

Self help for people with disabilities