

barwon mentalhealthweek

WELLBEING IN MIND



2012 Calendar of Events

<p>Mental Health Week Art Exhibition: October 1 – 12 Geelong Courthouse Gallery: Open weekdays 10am – 4pm Opening and Awards Night: Monday October 1st : 6.30pm – 8.30pm P 5222 5999 Cnr Gheringhap and Lt Malop St</p>
<p>Creating Connections: Geelong's GIANT jigsaw puzzle. Oct 1 – 12 Geelong Courthouse Gallery: Open weekdays 10am – 4pm Celebration evening: Wednesday 10th: 5.30pm – 6.30pm www.headspace.org.au/barwon Cnr Gheringhap and Lt Malop St</p>
<p>Hide and Seek: self portraits from the Cunningham Dax collection October 3 – 26 Gordon Gallery: Open weekdays 10am – 4pm Opening Night: Wednesday 3rd : 5.30pm – 7.30pm P 5225 0852 Cnr Fenwick St and Gordon Ave</p>
<p>Dax on Tracks: guided tours of the Hide and Seek exhibition General Public: Thursday 4th Oct Schools: Wednesday 10th Oct P 9035 6252</p>
<p>Colac Wellbeing Exhibition COPACC Foyer: Monday – Friday: 8.30am – 11pm Saturday – Sunday: 11am – 10pm P 5229 8295 2-6 Rae Street Colac</p>

Event	Details
Saturday 6th October	
<p>Mental Health Week Community Opening</p>	<p>12md – 1.00pm Westfield Shopping Centre Outside Big-W mentalhealthweek@barwonhealth.org.au</p>
<p>Wellbeing Walk <i>Community participation welcome</i></p>	<p>1pm-4pm Westfield Shopping Centre Outside Big-W mentalhealthweek@barwonhealth.org.au</p>
<p>GROW social evening All members and families welcome (\$5/head)</p>	<p>5.45pm – 9.30pm East Geelong Uniting Church 195 Ormond Rd P 1800 558 268</p>
Sunday 7th October	
<p>Carers Brunch: “Eat, Laugh, Play..” With Colin Mockett: Drop Of A Hat productions</p>	<p>11.00am – 1.00pm Geelong Conference Centre Free event, bookings essential All mental health carers welcome P 1800 052 222</p>
<p>Wellbeing Walk <i>Community participation welcome</i></p>	<p>11.00am – 3.00pm Westfield Shopping Centre Outside Big-W mentalhealthweek@barwonhealth.org.au</p>

Monday 8th October	
Wellbeing Walk <i>Community participation welcome</i>	10.00am – 4.00pm Westfield Shopping Centre Outside Big-W mentalhealthweek@barwonhealth.org.au
Civic Reception: opening event Mental Health Week Wellbeing Awards	5.30 - 7.00pm Invitation only
Tuesday 9th October	
“Connect with your Community” COLAC	12.30pm – 4.00pm Family fun day for everyone Memorial Square: Colac
The World CaféConversations That Matter	6.30pm – 8.30pm DISH café 66 Little Malop Street Free event, booking required mentalhealthweek@barwonhealth.org.au
Wednesday 10th October	
“Relax in the Cafe” Geelong Sings and Matthew Flinders Girls Secondary College Orchestra	12.00 - 1.30pm Level 3 CAFÉ at Geelong Hospital. mentalhealthweek@barwonhealth.org.au
Kardinia BBQ All participants and families welcome	11.00am – 1.00pm Drop In Centre 9 Strong Street, South Geelong RSVP required: P 5221 7176
Infant & Children’s Mental Health Forum Launch of the “Dirt Doesn’t Hurt” campaign	4.30pm-6.30pm Free event, bookings required Geelong Medical School populationhealth@barwonhealth.org.au
“Mental Health Narratives” With Nathan Grixti and Helen Barnacle	6.30pm – 8.30pm Belmont Library: High Street Bookings: 5272 6010 See www.geelonglibraries.vic.gov.au
Launch of “Creating Connections: Geelong’s Giant Jigsaw Project”	5.30pm – 6.30pm Geelong Courthouse Gallery Cnr Gheringhap and Lt Malop St www.headspace.org.au/barwon
Thursday 11th October	
Complex Trauma and Dissociation Free Talks on Mental Health	11.00am – 12.15pm Geelong West Town Hall: Supper Room Free event, bookings essential P 5224 1222 or admin@chrismackey.com.au
Mental Health Forum Eating Disorder Services	5.30pm – 7.00pm Lecture Theatre Geelong Clinical School 285 Ryrie Street Geelong mentalhealthweek@barwonhealth.org.au
Friday 12th October	
“Let’s Dance” for consumers, carers and families	12md – 4pm Waterfront Christian Church 35 Corio Street Geelong Free event, all welcome P 5229 8295
Saturday 13th October	
Quiz Night for World Mental Health Day Proudly supporting Beyond Blue	7.30pm – 11.00pm All welcome,\$20/head Group bookings taken All Saints Hall Noble Street Newtown mentalhealthweek@barwonhealth.org.au
Birrigurra Festival	Mental health information stall P 5229 8295