

Barwon Mental Health Month Planner | **October 2018**

SUNDAY	MONDAY 1 <sup>st</sup>	TUESDAY 2 <sup>nd</sup>	WEDNESDAY 3 <sup>rd</sup>	THURSDAY 4 <sup>th</sup>	FRIDAY 5 <sup>th</sup>	SATURDAY 6 <sup>th</sup>
<p><b>Mental Health Month October 2018</b> better mental health for all</p>			<p><b>PUBLIC LECTURE</b> <b>PROF. MICHAEL BERK</b> 1.00 – 2.30 pm Barwon Health Library St. Mary’s Hall Myers street, Geelong</p> <p><b>NEW APPROACHES TO TREAT DEPRESSION</b></p>			<p><b>EMERALD BALL</b> 6.30 – 11.30pm Saturday 6<sup>th</sup> October GMHBA Stadium All funds raised go to headspace Geelong <a href="#">Tickets here</a></p>



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	SUNDAY 7 <sup>th</sup>	MONDAY 8 <sup>th</sup>	TUESDAY 9 <sup>th</sup>	WEDNESDAY 10 <sup>th</sup>	THURSDAY 11 <sup>th</sup>	FRIDAY 12 <sup>th</sup>	SATURDAY 13 <sup>th</sup>
<b>Commence: Morning</b>	<p><b>HUMANS IN GEELONG EXPO</b> 10.00am – 3.00pm <b>Deakin Waterfront</b> Mental Health &amp; Wellbeing Awards announced 1.45 pm with Sally Buchanan-Hagen</p>	<p><b>CGA COMMUNITY GOLF DAY</b> The Sands Torquay</p> <p><b>CONNECTING WITH COMMUNITY</b> 12.00 – 2 pm <b>The Podium University Hospital Geelong</b> ~ speakers, displays, music, free massage, food and drinks Meet James McLure, author of <i>Eight Stones: My Journey through Schizophrenia and Depression</i></p>	<p><b>MAD HATTER'S TEA PARTY MT.DUNEED</b> Uforic Café 3/1135 Surf Coast Hwy, Social café program for carers <a href="tel:52610600">Phone 52610600</a></p> <p><b>MAD HATTER'S TEA PARTY GEELONG</b> 2.00 - 3.30pm <b>Geelong Conference Centre</b> Carers by invitation</p>	<p><b>CONNECTED COMMUNITIES</b> 8:30am – 3pm <b>Surf Coast Shire Grant Pavilion</b> MENTAL HEALTH EDUCATION Seminar <a href="#">Register here</a></p> <p><b>YOGA IN COLAC HIGH SCHOOLS</b> Colac Area Health Youth engagement officer</p>		<p><b>FLURO FRIDAY</b> 7.30 – 8.30 am <b>Torquay Main Beach</b> <b>Ocean Mind Event</b> Mindfulness Session Free Event</p> <p><b>MINDFUL SENSORY WALK</b> 9AM <b>Torquay Esplanade</b> Free Event Meet – Elephant walk near the park</p>	<p><b>BIRREGURRA FESTIVAL</b>  <b>All Day Saturday and Sunday</b> <b>Birregurra Main Street</b> Art, food, music and market</p>
	<p><b>Tuesday 9<sup>th</sup> October – Dr. Michael Carr-Gregg – Kempe &amp; Read the Play</b>  <b>“How we can use technology to support Young people’s mental health and wellbeing” to be announced</b>  <b>Colac Otway Schools Project ~ Fence weaving relaying messages of respect for self, other’s and our environment</b></p>						

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Commence: Afternoon	<p><b>OFFICIAL LAUNCH OF MENTAL HEALTH WEEK BY SURF COAST SHIRE MAYOR</b>            3.00 – 6.00 pm            Bar 61            Surf Coast Hwy            Torquay            "Open to Ideas"</p>		<p><b>MENTAL HEALTH &amp; CANCER</b>            11am, Supportive Care Kitchen            Andrew Love Centre            Patients, family &amp; friends            Mental Health Morning            Tea  <a href="mailto:dlinde@barwonhealth.org.au">dlinde@barwonhealth.org.au</a></p> <p><b>BARWON HEALTH MINDFULNESS SESSIONS</b>            Weekly            2.00 pm            Spirituality room            University Hospital</p>	<p><b>World Mental Health Day</b></p>	<p><b>MEDITATION STRESSES ME OUT LUNCH</b>            12.30  <b>The podium</b>            share mindfulness resources hosted by            Jessica Connor Kennedy  <a href="mailto:jconnor@barwonhealth.org.au">jconnor@barwonhealth.org.au</a>            For ideas, see <a href="#">Meditation Stresses Me Out</a></p>		
	<p><b>Children's Art Competitions</b> - week long event in Torquay  <b>Art of the Minds - The EXHIBITION OPENING</b> Friday 5th October between 5pm to 8 pm Shire's Art Space in Anglesea</p>						

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Evening		<p><b>OFFICIAL LAUNCH OF MENTAL HEALTH MONTH</b> 5.00 - 7.30pm Melbourne Town Hall</p> <p><b>“EMBRACE”</b> Pivotonian sponsored by Geelong Women’s Wellness</p>	<p><b>GMHBA PRESENTS ANDREW FULLER: Building Resilience in Children and Teens</b> 7.30 PM President’s Lounge, GMBHA Stadium Open to community FREE event <a href="#">Register here</a></p>	<p><b>COLAC OTWAY MENTAL HEALTH WEEK LAUNCH</b> 5.30pm-8pm COPACC 95-97 Gellibrand St, Colac Films, Awards, Forum &amp; supper. Guests speakers lived experienced, short films panel Q+A</p>		<p><b>IMPACT SRC MENTAL HEALTH WEEK TRIVIA NIGHT</b> 7.00pm – 11.00pm Thomson Cricket Club Shine a Light on mental health with trivia tables, prizes, music and fun</p> <p><b>WELLNESS YES!</b> 6 pm Forrest Hall A Neighbourhood House fun and interactive evening about sharing our own joyful activities</p>	<p><b>MAD HATTER’S BALL</b> 7:30pm – Midnight Torquay Bowls Club <a href="#">Tickets here</a></p> <p><b>THE HOPE SONG</b> 7.30pm Youth Courthouse Verbatim play by Janet Brown and Anglesea Players, performed 2017 at LA Mama with acclaim \$25</p>

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SUNDAY 14 <sup>th</sup>	MONDAY 15 <sup>th</sup>	TUESDAY 16 <sup>th</sup>	WEDNESDAY 17 <sup>th</sup>	THURSDAY 18 <sup>th</sup>	FRIDAY 19 <sup>th</sup>	SATURDAY 20 <sup>th</sup>
<p><b>FAMILY FUN YOGA</b> 8am – 10am The Sands Torquay Free</p> <p><b>OPEN MIC SESSION</b> 3.00 – 6.00pm Sand Whisperers Sound Healing Meditation</p> <p><b>MULTICULTURAL GALA DINNER</b> 6.30-11pm The Atlantic Dockland</p>	<p><b>RAISING YOUR CHILD IN A DIGITAL WORLD</b> 7.00 – 9.00pm Moolap &amp; Barrabool Baptist Church Dr. Kirsty Goodwin Arranged by Geelong Regional Parenting Service Free <a href="#">Information here</a></p>	<p><b>BARWON HEALTH MINDFULNESS SESSIONS</b> Weekly 2.00 pm Spirituality room University Hospital</p>				

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		<p><b>BARWON HEALTH MINDFULNESS SESSIONS</b></p> <p>Weekly 2.00 pm Spirituality room University Hospital</p>		<p><b>CARPE DIEM PLAY</b></p> <p>7.30pm The Youth Courthouse Geelong "Suicide prevention in rural communities," Q+A session \$25</p>		<p><b>YOUTH OBSTACLE CHALLENGE</b></p> <p>11.00 – 5.00 Eastern Beach</p>

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SUNDAY 28 <sup>th</sup>	MONDAY 29 <sup>th</sup>	TUESDAY 30 <sup>th</sup>	WEDNESDAY 31 <sup>st</sup>	THURSDAY 2 <sup>nd</sup>	FRIDAY 3 <sup>rd</sup>	SATURDAY 4 <sup>th</sup>
<p><b>YOUTH ROUND TABLE CONFERENCE</b> 10am - 4pm Deakin Uni Melb</p>	<p><b>BREAKFAST EVENT:</b> Promoting healthy lifestyles to improve mental health <b>Featuring Prof Felice Jacka</b> 7.30 – 9.30 am The Pier By invitation</p>	<p><b>CREATING THRIVING WORKPLACES THROUGH HEALTHY EATING</b> 0930-1130 Health Education &amp; Research Building Lecture Theatre</p> <p>Tetyana Rocks from Food &amp; Mood <a href="#">Register here</a></p> <p><b>BARWON HEALTH MINDFULNESS SESSIONS</b> Weekly 2.00 pm Spirituality room University Hospital</p>	<p><b>YOUTH VOICES GPAC</b> Headspace event open to all schools in the Geelong Region</p>			<p><b>MENTAL HEALTH WELLBEING WALK</b> 10.30 - 12.30pm Albert Park Lake</p>

