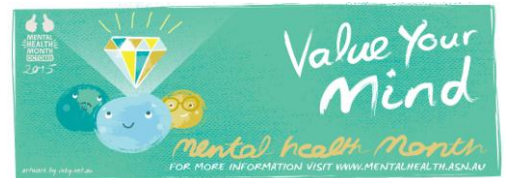




**ST GEORGE & SUTHERLAND**  
Mental Health Interagency



# Mental Health Month Calendar 2015

## St George and Sutherland

October Date	Event Details (including Address, Cost, Target Group)	Contact Details
<b>Thursday 1st</b>		
<b>Friday 2<sup>nd</sup></b>	<p><b>Arabic Mental Health and Wellbeing Seminar</b></p> <p>Supported by Multicultural Health SESLHD, NSW Mental Health Association, St George Mental Health Services, Rockdale Council and Advance Diversity Services</p> <p><b>Rockdale Town Hall 5.30-9.30pm FREE EVENT</b></p> <p>Focus on mindfulness, smoking cessation, sleeping well and how to have good mental health and wellbeing.</p>	<p>Milena Katz</p> <p>Multicultural Health Service</p> <p>02 9382 8674</p> <p>Or</p> <p><a href="mailto:Milena.Katz@sesiahs.health.nsw.gov.au">Milena.Katz@sesiahs.health.nsw.gov.au</a></p>
<b>Saturday 3<sup>th</sup></b>		
<b>Sunday 4<sup>th</sup></b>		
<b>Monday 5<sup>th</sup></b>		
<b>Tuesday 6<sup>th</sup></b>		
<b>Wednesday 7<sup>th</sup></b>	<p><b>St George and Sutherland Healthy Minds &amp; Wellbeing Services Expo</b></p> <p>Sutherland Hospital Atrium The Kingsway, Caringbah</p> <p>Where community services and the community meet to talk all things mental health. VALUE YOUR MIND stalls on mental health, free giveaways, laughter therapy, free massage, and BBQ.</p> <p>9.30-1.30 <b>FREE</b></p> <p><b>Como Social Leisure Centre Art Exhibition Opening (with EXPO)</b></p> <p>Sutherland Hospital The Kingsway, Caringbah</p> <p><b>Mindfulness for Compassionate Living</b></p> <p>By Kogarah Neighbourhood Centre 10:00am – 1:00pm</p> <p>More info at <a href="http://www.kogarahcommunity.org.au">www.kogarahcommunity.org.au</a></p>	<p>Contact Angela Crow</p> <p>02 9553 2500 or</p> <p><a href="mailto:Angela.Crow@sesiahs.health.nsw.gov.au">Angela.Crow@sesiahs.health.nsw.gov.au</a></p> <p>Contact Pam Turpin for details,</p> <p><a href="mailto:Pam.turpin@sesiahs.health.nsw.gov.au">Pam.turpin@sesiahs.health.nsw.gov.au</a></p> <p>More information to Danielle Finlay, Kogarah Community Services 9587 6622 or email: <a href="mailto:info@kogarahcommunity.org.au">info@kogarahcommunity.org.au</a></p>
<b>Thursday 8<sup>th</sup></b>	<p><b>Como Social Leisure Centre Art Exhibition</b></p> <p>Sutherland Hospital The Kingsway, Caringbah</p>	<p>Contact Pam Turpin for details,</p> <p><a href="mailto:Pam.turpin@sesiahs.health.nsw.gov.au">Pam.turpin@sesiahs.health.nsw.gov.au</a></p>
<b>Friday 9<sup>th</sup></b>	<p><b>Como Social Leisure Centre Art Exhibition</b></p> <p>Sutherland Hospital The Kingsway, Caringbah</p>	<p>Contact Pam Turpin for details,</p> <p><a href="mailto:Pam.turpin@sesiahs.health.nsw.gov.au">Pam.turpin@sesiahs.health.nsw.gov.au</a></p>



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	<p><b>Laugh Out Loud Session</b> By Kogarah Neighbourhood Centre 49 English Street Kogarah 11:00am – 12:00pm</p>	<p>More information to Danielle Finlay, Kogarah Community Services 9587 6622 or email: <a href="mailto:info@kogarahcommunity.org.au">info@kogarahcommunity.org.au</a></p>
<b>Saturday 10<sup>th</sup></b>	<p><b>Mental Health Arts Development Art Exhibition Official Opening</b> Hurstville City Museum, 14 MacMahon Street Hurstville 1-3pm Light Refreshments Provided Free</p>	<p>RSVP essential to Anne Marie Wiles 93306097</p>
	<p><b>Como Social Leisure Centre Art Exhibition (Close)</b> Sutherland Hospital The Kingsway, Caringbah</p>	<p>Contact Pam Turpin for details, <a href="mailto:Pam.turpin@sesiahs.health.nsw.gov.au">Pam.turpin@sesiahs.health.nsw.gov.au</a></p>
<b>Sunday 11<sup>th</sup></b>		
<b>Monday 12<sup>th</sup></b>		
<b>Tuesday 13<sup>th</sup></b>		
<b>Wednesday 14<sup>th</sup></b>	<p><b>Greek 'Fear and Shame' DVD Launch</b> Function Room, Research and Education Centre, St George Hospital, Ground Floor, 4-10 South Street, Kogarah 2207 9am – 10:30am, <b>FREE</b> Morning tea and refreshments will be served.</p> <p><b>Supporting Children Experiencing Anxiety Seminar by NSW Mental Health Association Small Steps Program</b> Seminar for parents, teachers and local community to raise awareness and improve the recognition of anxiety disorders in children. With presentation of local services. Light refreshments provided. 5.30-8.30pm Sutherland Library, 30-36 Belmont Street, Sutherland</p> <p><b>Calming the Mind: Living with Anxiety</b> By Kogarah Neighbourhood Centre Venue TBC- call Danielle for more details 10:00am – 1:00pm</p>	<p>RSVP to <a href="mailto:Klara.Takas@sesiahs.health.nsw.gov.au">Klara.Takas@sesiahs.health.nsw.gov.au</a> or 9553 2500 (Wed- Friday)</p> <p><a href="mailto:Julie.Dale@Interrelate.org.au">Julie.Dale@Interrelate.org.au</a></p> <p>More information to Danielle Finlay, Kogarah Community Services 9587 6622 or email: <a href="mailto:info@kogarahcommunity.org.au">info@kogarahcommunity.org.au</a></p>
<b>Thursday 15<sup>th</sup></b>		
<b>Friday 16<sup>th</sup></b>		
<b>Saturday 17<sup>th</sup></b>		
<b>Sunday 18<sup>th</sup></b>		



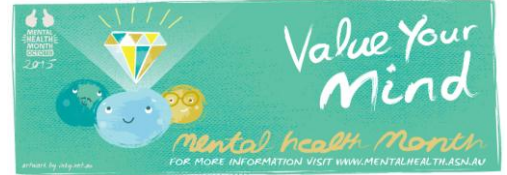
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<p><b>Monday 19<sup>th</sup></b></p>	<p><b>'I've a Good Mind to Paint'</b> Mental Health Arts Development Relaxing Art Workshop Traditional Chinese brush painting with traditionally dressed Chinese model and live traditional Chinese Musician. 12.30-3pm- FREE Hurstville Museum Gallery, 14 MacMahon Street Hurstville</p>	<p>Places strictly limited- bookings are essential. Contact Anne Marie Wiles 93306097</p>
<p><b>Tuesday 20<sup>th</sup></b></p>	<p><b>Supporting Children Experiencing Anxiety Seminar by NSW Mental Health Association Small Steps Program</b> Seminar for parents, teachers and local community to raise awareness and improve the recognition of anxiety disorders in children. With presentation of local services. Light refreshments provided. 10-1.00am, Cronulla Library, Cronulla Central, Croydon Street, Cronulla</p>	
<p><b>Wednesday 21<sup>st</sup></b></p>		
<p><b>Thursday 22<sup>nd</sup></b></p>	<p><b>Be Positive Workshop</b> Thursday 22<sup>nd</sup> October 10:00am – 1:00pm, 2 Crofts Avenue, Hurstville 2220</p>	<p>More information to Danielle Finlay, Kogarah Community Services 9587 6622 or email: <a href="mailto:info@kogarahcommunity.org.au">info@kogarahcommunity.org.au</a></p>
<p><b>Friday 23<sup>rd</sup></b></p>	<p><b>Rethinking Mental Health 2.0</b> <b>Supporting a Recovery Based Approach in the Community</b> From Central and Eastern Sydney PHN (previously Medicare Local) 8.30- 4.30pm Novotel Brighton \$80</p>	<p><a href="mailto:t.claridge@cesphn.com.au">t.claridge@cesphn.com.au</a> or 02 9330 9999</p>
<p><b>Saturday 24<sup>th</sup></b></p>		
<p><b>Sunday 25<sup>th</sup></b></p>		
<p><b>Monday 26<sup>th</sup></b></p>		
<p><b>Tuesday 27<sup>th</sup></b></p>	<p><b>Connecting Caring Community</b> Edith Wellington Hall, 76 Pitt St, Mortdale Come along, make new friends and join groups. FREE EVENT BBQ and entertainment provided. 12-3pm</p> <p><b>Building Resilience in Children and Teens</b> An Evening with Andrew Fuller, Head of Resilient Youth Australia <i>Resilience and emotional intelligence contribute more to career and life success than academic intelligence.</i> St George Bank Auditorium, Kogarah 6:30pm – 8:30pm (Light supper provided)</p>	<p>RSVP by Friday 16th October to Maree Gunn at Jubilee Community Services – Phone: 9579 6322 Transport Available if Required</p> <p>Bookings are essential and spaces are limited, book via <a href="http://andrewfuller-buildingresilience.eventbrite.com.au">http://andrewfuller-buildingresilience.eventbrite.com.au</a> Contact <a href="mailto:amegarrity@hurstville.nsw.gov.au">amegarrity@hurstville.nsw.gov.au</a> or call 9330 6063 for more information</p>
<p><b>Wednesday 28<sup>th</sup></b></p>		



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<p><b>Thursday 29<sup>th</sup></b></p>	<p><b>De-Stress Naturally</b> Thursday 29<sup>th</sup> October 10:00am – 2:00pm  Venue to be confirmed, Call Danielle Finlay for more details.</p>	<p>More information to Danielle Finlay, Kogarah Community Services 9587 6622 or email: <a href="mailto:info@kogarahcommunity.org.au">info@kogarahcommunity.org.au</a></p>
<p><b>Friday 30<sup>th</sup></b></p>	<p><b>Maintaining Wellness Seminar by Kogarah City Council</b> A seminar for older people with a focus on healthy ageing.  Wellness matters. It's important for everyone to achieve wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions. Speakers from Black Dog Institute and 3 Bridges, entertainment and refreshments provided.  9:30 to 12:30 pm, FREE St George Community Centre St George Bank Building, Premier St Kogarah</p>	<p>RSVP essential please call Council on 9330 9455 before the 21<sup>st</sup> October.  <b>RSVP to Lisa Burns, 9330 9455</b>  <a href="http://www.kogarah.nsw.gov.au/">http://www.kogarah.nsw.gov.au/</a></p>
<p><b>Saturday 31<sup>st</sup></b></p>		