



Activities

Laughter yoga

Arts/Crafts

Drumbeat

Board games

Information stall

Uthanda dolls

Mandala

What will you do for
your mental wellbeing today?



Mirrabooka Mental Health week

Wednesday 7th October

10:00am. 2:00pm. Mirrabooka Square and Amphitheatre



WAAMH

Western Australian Association
for Mental Health



2015 THEME