

	SUNDAY 9 th October	MONDAY 10 th October	TUESDAY 11 th October	WEDNESDAY 12 th October	THURSDAY 13 th October	FRIDAY 14 th October	SATURDAY 15 th October
	A Showcase of Local Artists - Artists who manage their mental wellbeing through the arts; <i>Venue:</i> Eagles Nest Gallery 50 Great Ocean Rd Aireys Inlet The Anxious Bird, Eagles Nest Gallery Surf Coast Shire						
8.00			9.00 – 3.00pm Stigma Dome GPAC All Welcome				
10.00		10.00 – 3.00 pm University Hospital Geelong Café CAG Barwon Health All Welcome	10.30 – 1.30 pm Harley Rides & Meal The Eastern Hub Geelong 285A McKillop St, Geelong	11.30– 2.30 PM Karaoke & Baked Potatoes Geelong Conference Centre Mental Health Carers Invitation only	11.00 – 2.00 PM BBQ, Karaoke and Photo Booth 51 Fyans St, South Geelong All Welcome 12.00 – 2.00 pm BBQ & Wellness Idea Swap Neighbourhood House		
12.00	12.30 – Late The Main Event Barwon Club All Welcome	12.00 – 5.00 pm Stigma Dome GPAC Foyer All Welcome					1.30 – 3.00 pm Mindfulness and Meditation Workshop “Treat Yourself to Mindful Relaxation” Eastern Hub

Mental Health Week Planner 2016

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2.00						3.00 – 5.00 pm Finish Your Working Week With Good Mental Health Geelong Cats Community Centre Invite Only	
4.00							
6.00		5.30 – 8.30pm Mental Health Week Launch (by invitation) The Courthouse 60 Little Malop St Geelong	Social Musical Evening All welcome Kubu Studio SIMMA			7.00pm - 10.30pm Trivia Night All welcome Highton Bowls Club IMPACT	

MH Week Activities – beyond Mental Health Week

SUNDAY	MONDAY	TUESDAY October	WEDNESDAY	THURSDAY October	FRIDAY 7 th October 2016	SATURDAY 8 th October 2016
					Wear A Hat Day All Day- Australian Rotary Health Odd Socks Day All Day - Grow	3.00 pm Art of the Minds Champagne Opening Eagles Nest Gallery 50 Great Ocean Rd Aireys Inlet The Anxious Bird Eagles Nest Gallery Surf Coast Shire The Main Event Barwon Club
SUNDAY 16 th October	MONDAY 17 th October	TUESDAY 18 th October	WEDNESDAY 19 th October	THURSDAY 20 th October	FRIDAY 21 st October	SATURDAY 22 nd October
Lions Club of Colac – Lions Market Memorial Square Colac All welcome						