



A just community that includes and acts

“Building Resilience and Well Being”

Newtown Neighbourhood Centre Mental Health Week Event

**On 9TH October, Between 3:00pm-6:30pm
Outside the Centre at 1 Bedford Street, Newtown
Phone: 9516 4755**

WHAT'S HAPPENING:



Face Painting and Bubble Machine
and children's colouring/puzzle area
3:00pm

Sydney Street Choir
3:30pm

Free BBQ & Fruit
4:00pm



Mental Health Report and DVD Launch!!
5:00pm

Music by the band 'Off-Cuts'
5:30pm

Information Stalls by:

Black Dog Institute, Compeer, Headspace, Grow, Neami/PHAMS,
Cancer Council, New Horizons, ACON, NNC & Counsellor.

Demonstrations by:



Wrap with Love Knitting Group 3.00pm
Meditation 4.00pm
Gentle Exercise 4:00pm
Tai Chi 4:30pm



*Come a long to learn more about mental
health and wellbeing or just to enjoy the fun!!*

**Proudly sponsored by the Mental Health Association NSW
and Newtown Neighbourhood Centre**

