

MENTAL HEALTH MONTH UPCOMING EVENTS *October*

30th SEPT **HSC Rescue Sutherland**

Sutherland Shire Council
to
Sutherland and Cronulla Library

18th **OCT** HSC Rescue is returning at Sutherland and Cronulla Library. During this time, students can take a break from the books to enjoy pizza and massage sessions at Sutherland Library, meet with local support services (Headspace, 2Connect and 3Bridges), as well as pet a friendly therapy dog.

Bookings are not required, just drop into the library.



Scan QR code for more information

1st **OCT** **Let's Talk About It | Youth Panel**

[Flyer](#)

In collaboration with The Family Co., Headspace Miranda, Project Youth, 2Connect, and Sutherland Shire Council

Cronulla Central Community Hall

3pm - 4:30pm

Come to Cronulla Hall to hear about issues affecting young people with a panel chaired by mental health advocate **Blakey Johnston**. Enjoy free pizza and share your thoughts on how your local youth organisation and Sutherland Shire Council can better support **12 to 25** year olds in our community.



Scan QR code to register

1st **OCT** **Georges River Council Mental Health Month**

to
Georges River Council

31st **OCT** Throughout October, Georges River Council will raise awareness of mental health and promote wellbeing in the community.

Join us for events that promote wellbeing, and connection. From informative workshops and engaging discussions to relaxing social events and creative activities, there's something for everyone. Together, we can create a more supportive and understanding community for all.



Scan QR code for more information

2nd **OCT** **HSC Rescue St George**

to
In collaboration with Headspace Hurstville, 2Connect, 3Bridges, St George Mental Health, and Georges River Council

31st **OCT** **Hurstville and Rockdale Library**

3pm - 4pm

HSC Rescue at Hurstville and Rockdale Libraries offers workshops designed to support students during exam time, including yoga, sensory activities, and stress management strategies. These sessions provide a relaxing environment and practical tools to help students manage anxiety and stay focused during their HSC preparation.



Scan QR code for more information

10th **OCT** **Healthy Minds & Wellbeing Expo**

[Flyer](#)

St George & Sutherland Mental Health Interagency

49 English Street, Kogarah

10am - 3pm

The Healthy Minds & wellbeing Expo is a free, community event focused on promoting mental, physical health and wellbeing. **Open to all**, the event offers a variety of activities, wellness services, a free BBQ, Bike n Blend, and lucky door prize, making it a fun and engaging day for everyone.

*****Special guest - The Illawarra Dragon*****



Scan QR code for more information

11th **OCT** **GovHub Pop-Up October**

NSW Health, Orana and Sutherland Shire Council

Orana, 3A Stapleton Avenue, Sutherland

11am - 1pm

GovHub Pop Up is an opportunity for the community to connect with government services all in the one place. Meet with services including Services NSW, Revenue NSW, Centrelink, Sutherland Shire Council and more. This occurs every 2nd Friday of the month at Orana Sutherland.



Scan QR code for more information

MENTAL HEALTH MONTH UPCOMING EVENTS *October*

16th OCT National Carers Week Event

Sutherland Community Mental Health

Sutherland Hospital, Level 2, Education Centre Seminar Room

10am - 12pm

Families, carers, friends, supporters, and kin of people experiencing mental health challenges are invited to this FREE National Carers Week event.

* Enjoy a light refreshment.

* Connect with other carers sharing the caring journey.

* Bring your questions to the mental health service.

* Find out about support available to you and people you support.

*** REGISTRATION IS ESSENTIAL FOR CATERING PURPOSES ***

*** RSVP Thursday 10 October 2024 ***



Scan QR code to register

Carers Week Afternoon Tea

[Flyer](#)

St George Community Mental Health

Recovery & Wellbeing College, Unit 2, Ground Floor, 15 Kensington Street, Kogarah

2:30pm - 4pm

You are invited to the St George Mental Health Service Carers Week Afternoon Tea (Free event). Please take some time out to enjoy a massage, mindfulness exercise and tasty afternoon tea with us to celebrate carers week.

RSVP by 14/10/24 for catering purposes

helen.ledlin@health.nsw.gov.au or (02) 9553 2500

18th OCT Wellness Event

[Flyer](#)

Our Community Hub

20-22 Station St, Engadine

10am - 12pm

An opportunity for providers to press the pause button and to come and refill their own cups in a nourishing 2 hour event with various wellness workshops and opportunities to connect with others.

For providers: 10am - 12pm

For participants: 12pm - 2pm

RSVP is essential

For more info and to RSVP contact: info@ourcommunityhub.org or 0497 855 328

22nd OCT Read with the Cats

Sutherland Shire Council

Sutherland Shire Council Animal Shelter

1:30pm - 3:30pm

Relax, read and hang out with cats – sounds like a purr-fect afternoon! Bookings are essential for 1.30pm, 2pm, 2.30pm, and 3pm sessions and each session runs for 20 minutes followed by an optional tour of the shelter to meet the other residents.



Scan QR code for more information

29th OCT Mental Health Info Day

[Flyer](#)

Sutherland Community Mental Health

Sutherland Hospital, Level 2, Main Foyer

10am - 2pm

The Mental Health Info Day at the Sutherland Hospital will feature information stalls, live ukulele music, and chair yoga sessions. It's a great opportunity to connect with local services and enjoy some relaxing activities.

31st OCT Seniors Healthy Mind Day

Sutherland Shire Council

Gunnamatta Pavilion

10am - 2pm

Seniors Healthy Mind Day is an opportunity for our seniors to make mindful connections in the community. Meet services providers, enjoy a bbq and live music, and register for free activities including strengthening classes and mindfulness & stretching.



Scan QR code for more information