

Ballarat Community Health

Mental Health Groups



Has your mental health been impacted by COVID-19? Would you like to develop some skills to help your mental health? Would you like to connect with like-minded people? Are there life-skills you would like to learn?

Come and join a range of group sessions designed and delivered by mental health clinicians and peer workers to increase knowledge and skills for overall health and wellbeing.

WHEN: A range of sessions offered throughout November
- see timetable on back for session topics and times.

COST: FREE

WHERE: Ideally, these sessions will be run face-to-face at our Health and Wellbeing Hub at Cooinda - 10 Learmonth Rd, Wendouree. In the case of restrictions being in place, Zoom links will be sent to all participants.

WHO: All welcome

HOW: Bookings required. Please scan QR code above and fill out form to register. Call Tanika on 0491 093 965 or email cooindagroups@bchc.org.au



MENTAL HEALTH GROUPS: NOVEMBER TIMETABLE

	Mon 1 st	Tues 2 nd	Wed 3 rd	Thurs 4 th	Fri 5 th	Sat 6 th
10am-12pm		PUBLIC HOLIDAY - NO SESSIONS				
1-3pm						
6:30 – 8:30pm						

	Mon 8 th	Tues 9 th	Wed 10 th	Thurs 11 th	Fri 12 th	Sat 13 th
10am-12pm						
1-3pm						
6:30 – 8:30pm						

	Mon 15 th	Tues 16 th	Wed 17 th	Thurs 18 th	Fri 19 th	Sat 20 th
10am-12pm						
1-3pm						
6:30 – 8:30pm						

	Mon 22 nd	Tues 23 rd	Wed 24 th	Thurs 25 th	Fri 26 th	Sat 27 th
10am-12pm						
1-3pm						
6:30 – 8:30pm						

For details of these sessions, please visit www.bchc.org.au or contact Tanika on 0491 093 965

