



BLACK SWAN
HEALTH LTD

Calendar of Events for Mental Health Week 2017

There's something fun for everyone happening this Mental Health Week! Don't miss your chance to get involved with these FREE events across Perth...



Mindfulness Morning Tea

Friday 13 October

10.30am - 11.30am

Black Swan Health

137 Main St, Osborne Park.

A free morning tea and
Psychologist-led mindfulness
activity for the local
community.



Mindfulness Afternoon Tea

Friday 13 October | 2.00pm - 3.00pm

Black Swan Health

Wesley Central Fremantle.

A free morning tea and Psychologist-
led mindfulness activity for the
local community.



Workplace Wellbeing Seminar

Wednesday 11 October

12.30pm - 1.30pm

152-158 St Georges Terrace, Perth

A free mental wellbeing seminar
for business professionals,
sponsored by Black Swan
Health.

**Turn over to find a Mental
Health Week event near you!**

Find out about Black Swan Health's mental health services today:

9201 0044 | www.blackswanhealth.com.au

Mental Health Week Events

MONDAY, 9 OCTOBER, 2017

- 1 Black Swan Health's In Touch With Nature Event**
10am-1pm @ Piney Lakes Park, Winthrop
Reconnect with this free guided bushwalk, mindfulness workshop and social lunch.
- 2 Mental Health Week at The Square**
10am-1pm @ The Square Shopping Centre, Mirrabooka
A program of awareness-raising, live entertainment and fun at your local shopping centre.

TUESDAY, 10 OCTOBER, 2017

- 3 World Mental Health Day Celebration**
7am-2pm @ Forrest Place, Perth
Activities, giveaways and information from mental health providers like Black Swan Health.
- 4 Fremantle Women's Health & Wellbeing Day**
10am-1pm @ Fremantle Town Hall
A celebratory event filled with free activities, entertainment and health information stalls.

WEDNESDAY, 11 OCTOBER, 2017

- 5 Workplace Wellbeing Seminar**
12.30pm-1.30pm @ 152-158 St Georges Terrace, Perth
A free mental wellbeing seminar for business professionals, sponsored by Black Swan Health.

THURSDAY, 12 OCTOBER, 2017

- 6 Mental Health & Wellbeing Day**
10am-12pm @ Cockburn Health & Community Facility
Mental health stalls and entertainment, including an expert speaker from Black Dog Institute.
- 7 Graylands Festival**
9am-2.30pm @ Graylands Hospital, Mt Claremont
Connecting consumers with community mental health organisations and celebrating mental health.

FRIDAY, 13 OCTOBER, 2017

- 8 Mindfulness Morning Tea**
10.30am-11.30am @ Black Swan Health, Osborne Park
A free morning tea and Psychologist-led mindfulness activity for the local community.
- 9 Mindfulness Afternoon Tea**
2.00pm-3.00pm @ Black Swan Health, Fremantle
A free afternoon tea and Psychologist-led mindfulness activity for the local community.
- 10 Black Swan Health Youth Ball**
7.30pm-11.30pm @ Novotel Hotel, Perth
An eclectically-themed ball for 15-20 year-olds to have fun, raise awareness and reduce stigma.

SUNDAY, 15 OCTOBER, 2017

- 11 Black Dog on a Lead Walk**
9am-1pm @ Bibra Lake Reserve
Walk and talk together in nature, with the freedom to speak openly about 'the black dog'.

Find out more at www.blackswanhealth.com.au/calendar

For a comprehensive list of Mental Health Week events, go to waamh.org.au



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