

MENTAL HEALTH WEEK

10 - 17 October 2020



MENTAL
HEALTH
WEEK

every
person,
every
community

10-17 OCTOBER 2020

CITY OF UNLEY
**COMMUNITY
CENTRES**
ONLINE

A series of webinars
promoting mindfulness,
resilience and wellbeing



Every Person, Every Community

Mental Health Week, 10 - 17 October

We are hosting a series of webinars to help promote mental health in our community. Available online at unley.sa.gov.au/cc-online, we will also be screening the webinars for community members who may not have internet access.

Mindfulness with Yoga

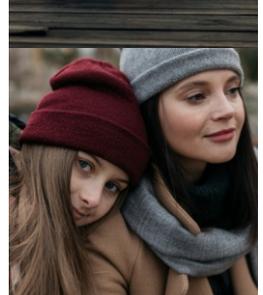
A 15-minutes mindful breathing and body awareness session to do seated or lying down. Presented by Maya.



How to support the resilience and wellbeing of our teenagers/children (for parents)

Strategies for children/teenagers to build their resilience and wellbeing

Two webinars presented by Madhavi Nawana Parker the founder of Positive Minds Australia, a globally published author of resilience, confidence and social emotional literacy books, public speaker and counsellor. These tools will be based on one of Madhavi's books, 'The Resilience and Wellbeing Toolbox: Creating character and competence through life's ups and downs.'



Gentle exercise and relaxation for good mental health

Maria Voulgarakis who is an accredited Strength for Life Instructor will present four short 10 - 15-minute videos of gentle exercise and relaxation techniques.



Mental health impacts of COVID-19 and coping with the related stress and anxiety

Dr Cate Howell focuses on guiding individuals towards hope and healing, as well as purpose, meaning and happiness. Dr Cate is a medical practitioner, therapist, educator, speaker and author! ZOOM link will be available.



Screenings

Black Forest Room, Clarence Park Community Centre

Monday 12 October, Tuesday 13 October

Bookings essential, Clarence Park Community Centre, phone 8293 8166.

- 9.30am How to support the resilience and wellbeing of our teenager/child (For parents)
- 10.30am Mental health impacts of COVID-19, and coping with the related stress and anxiety
- 11.30am Mindfulness with Yoga
- 12noon Gentle exercise and relaxation for good mental health
- 1pm Mental health impacts of COVID-19, and coping with the related stress and anxiety
- 1.45pm Gentle exercise and relaxation for good mental health

Thursday 15 October

- 1.30pm Mental health impacts of COVID-19, and coping with the related stress and anxiety
- 2.30pm Gentle exercise and relaxation for good mental health

Conference Room, Unley Community Centre

Monday 12 October, Tuesday 13 October,

Thursday 15 October & Friday 16 October

Bookings essential, Unley Community Centre, phone 8372 5128.

- 9.15am Mindfulness with Yoga
- 10.00am Gentle exercise and relaxation for good mental health
- 12.30pm Mental health impacts of COVID-19, and coping with the related stress and anxiety
- 1.30pm Gentle exercise and relaxation for good mental health
- 2.30pm Mindfulness with Yoga

CITY OF UNLEY COMMUNITY CENTRES

CLARENCE PARK COMMUNITY CENTRE

72-74 East Avenue, Black Forest
Ph 8293 8166

Mon	9am - 3pm
Tue	9am - 3pm
Wed	9am - 3pm
Thu	9am - 3pm
Fri	9am - 12noon

UNLEY COMMUNITY CENTRE

18 Arthur Street, Unley
Ph 8372 5128

Mon	8.30am - 4.30pm
Tue	8.30am - 4.30pm
Wed	Closed
Thu	8.30am - 4.30pm
Fri	8.30am - 4.30pm

FULLARTON PARK COMMUNITY CENTRE

411 Fullarton Road, Fullarton
Ph 8372 5180

Mon	8.30am – 5pm
Tue	8.30am – 5pm
Wed	8.30am – 5pm
Thu	8.30am – 5pm
Fri	8.30am – 5pm

CIRCUIT CAFÉ

Unley Community Centre
(bookings essential, ph 8372 5128)

Mon, Tue, Thu, Fri
11.30am – 12.15pm

HUGHES GALLERY

Fullarton Park Community Centre

Mon - Fri 10am – 4pm
Sat/Sun only if artist in attendance
(Please enquire beforehand)

Email: pobox1@unley.sa.gov.au

Website: unley.sa.gov.au/community-centres

Facebook:

facebook.com/unleycommunitycentre

facebook.com/fullartonparkcentre

facebook.com/clarenceparkcommunitycentre

