

# MENTAL HEALTH AWARENESS MONTH

OCTOBER 2023



“Have the Conversation”



## CITY OF PAE LIBRARIES

Come & join us at your local library & check out one of our many FREE programs or activities, from adult colouring & mindfulness activities to craft & chat or digital drop- in there is something for everyone! This is a great opportunity to connect with others & learn new things. All sessions are held in a relaxed & friendly environment

For more info or to book, scan QR:



## THE LIGHTS COMMUNITY & SPORTS CENTRE

Phone: 8405 6670  
Email: [thelights@cityofpae.sa.gov.au](mailto:thelights@cityofpae.sa.gov.au)  
Web: [thelights.com.au](http://thelights.com.au)

For more info or to book, scan QR:



Visit The Lights & check out one of the many programs and activities on offer, from Connect at the Lights, Tai Chi, Yoga or Youth Group! Or why not grab a coffee in our Café? There is something for everyone!

## NATURE FESTIVAL

When: Thursday 6 – Monday 16 October

Our relationship with nature is fundamental to wellbeing and our natural environments are worth celebrating. This October, join us for talks, tours and workshops designed to help you connect with nature. Full Program: [cityofpae.sa.gov.au/explore/events/nature-festival](http://cityofpae.sa.gov.au/explore/events/nature-festival)

## HAPPY TO CHAT BENCHES

Come & join us at one of our ‘Happy to Chat’ benches, a chance to have a friendly chat with other local community members or with one of our ‘Volunteer chatter’s’ who attend the benches twice a week for even more opportunities to get chatting!  
Contact: Jan Angelo 84056010

Where: The Port Plaza (Outside Kmart)  
Time: 1pm Mon, 10am Wed

Where: Port Adelaide Library  
Time: 1.15pm Mon, 11.15am Wed



During October communities throughout Australia will come together to celebrate Mental Health Awareness Month. This year's theme is *Have The Conversation*. This provides a great opportunity to get together and have conversations with friends, family and community and attend some of the fabulous FREE and low-cost workshops & events that are taking place throughout PAE.

To secure your spot or find out more contact facilitators directly.



## LEFEVRE FAMILY EXPO 2023

**Where:** Lefevre Community Stadium  
**When:** Sat 14 October **Time:** 10am – 2pm  
**Cost:** FREE

Free food, drink and entertainment! Bring the whole family down to Lefevre Recreation Reserve for a Free Family Fun Day. Community atmosphere, a jumping castle, face painting and more. Plus our local community networks will be around to chat and share what services and support are available to you and your family.

Also at Lefevre Community Stadium (541 Victoria Rd, Osborne):

### COMMUNITY LUNCH

**When:** Every Thurs  
**Time:** 12–1.30pm  
**Cost:** FREE  
**Contact:** Vanessa  
8405 6525

Everyone is welcome and it's a great opportunity to connect and meet new people while enjoying a cooked lunch prepared by the wonderful volunteers! We also have fresh produce and bakery goods that you can take home after the lunch.  
*Osborne hall, opposite the car park.*

### MAN FRIDAYS

**When:** Every Friday  
**Time:** 6–8pm  
**Cost:** FREE  
**Contact:** Peter  
8405 6908

Come along for a friendly game of table tennis, darts, cards and a snag on the BBQ. We have soft drinks & tea & coffee available as well!! Its free and available for blokes that live in the City of PAE area. No need to register, just turn up on the day!

### YOUTH NIGHT AT LEFEVRE

**When:** Thurs 26  
**Time:** 4 – 5.30pm  
**Cost:** FREE  
**Contact:** Peter  
8405 6908

On the last Thursday of every month Lefevre Community Stadium host a Youth GAMES night, where young people can come hang-out, play games and make new friends. Primary & secondary aged young people are welcome to attend, it's FREE, no need to book

#### HEART OF SEMAPHORE

103 Semaphore Rd, Semaphore

### CRAFTY CONNECTIONS

**When:** Fri 27 October  
**Time:** 12 – 2pm  
**Cost:** FREE  
**Bookings:** Amanda 0409 589 770

Come & join Michelle as she teaches you how to create a memorable picture block which can live in pride of place at home, or you can gift to a loved one. *No experience required all equipment provided.*

#### KILBURN COMMUNITY CENTRE

59 Gladstone Ave, Kilburn

### HELP CREATE A GRATITUDE WALL

**When:** Thursday 28 September  
**Time:** 10am – 12pm  
**Cost:** FREE  
**Contact:** Christine 8405 6730

Come & join the very talented Chalk Artist Tracey from 'Phantasmagoria' as we chalk together & display our gratitude with positive messages and drawings for all our community to see

#### THE PEAR CAFE

67 Spring Street, Queenstown

### GUIDED MEDITATION

**Where:** The Pear Cafe  
**When:** Friday 20 October  
**Time:** 1pm  
**Cost:** FREE  
**Register:** 8240 3981 or  
hello@neighbourhoodnode.com.au

Meditation is a great way to create a sense of calm, peace and balance to support your emotional well-being and overall health. In this session, Eimear will guide you every step of the way to help you relax and cope with stress.

### NEIGHBOURHOOD ACTIVE AGEING PROGRAM

Come & join us for our Neighbourhood Active Ageing Program. Scan QR for more info.

