



Mental Health Week 2012

<p>22-26 September</p>	<p><u>Bridges OPENMIND Art Exhibition – Bundaberg School of Arts Building</u> A collection of art works from those with lived experience of mental illness or are a carer of a person with mental illness. This art exhibition highlights the elements of recovery: Hope, Connectedness, Discovery, Personal responsibility and Active sense of self.</p>
<p>Thursday 4 October</p>	<p><u>Bundaberg</u> Come along to Hinkler shopping centre. Young people over 12 yrs will be encouraged to participate in an interactive activity. There will also be a range of information available for the community to take away with them.</p>
<p>Monday 8 October</p>	<p><u>Childers</u> A community information display will be located in Childers. From 10-2pm at Childers Tourist Centre.</p>
<p>Tuesday 9 October</p>	<p><u>Gin Gin</u> A community information display will be located in Gin Gin From 10-2pm at Gin Gin IGA. <u>Bundaberg</u> <u>Carer’s Pamper morning</u> – Carer’s are invited to a special morning tea at IMPACT Make Your Mark. The event will include activities that will pamper our valuable carers. For more information call: IMPACT on 4153 4233, 1300 179 233 or Suncare on 1800 052 222</p>
<p>Wednesday 10 October</p>	<p><u>Bundaberg</u> Consumers Day – Come along to IMPACT Make Your Mark, Bargara Road Bundaberg and enjoy relaxing BBQ lunch and cake to celebrate World Mental Health Day from 11am.</p>
<p>Thursday 11 October</p>	<p>Workers Celebration – Workers from the Mental Health Sector will come together and enjoy a networking lunch and take some time out to re-connect with others.</p>

Mental Wellbeing Alliance

The Bundaberg Region Mental Wellbeing Alliance aims to bring together key partners to provide opportunities for:

- information and resource sharing
- strengthening relationships and partnerships
- promoting strategies that enhance community mental wellbeing.

Be active. Get connected. Stay involved

