

Mental Health Week Calendar 2023

The City of Mandurah has been working with a number of local organisations to produce this community guide of events taking place during Mental Health Week 2023.

The event calendar offers a range of various activities to build community connections and raise awareness of Mental Health.

Activity	Description	Date	Time	Location	Registrations
Breathe yourself to Health	Lea Hughes of Rise to Shine Wellbeing uses breathwork as a method to increase emotional resilience and manage anxiety in her Sunday morning workshops. This workshop is part of the Stillness Experiences series; yoga, breath and meditation in an unusual gallery setting surrounded by artworks depicting moments of stillness by local and state-based artists.	Sunday 1 October	8.15 - 9.30am	Contemporary Art Spaces Mandurah - Ormsby Terrace Mandurah	Cost: Free Register here
Ease into Yoga with Stillness	Yoga instructor Heidi de Viliers will deliver two accessible yoga classes that take place on chairs, catering to those with differing levels of mobility. This workshop is part of the Stillness Experiences series; yoga, breath and meditation in an unusual gallery setting surrounded by artworks depicting moments of stillness by local and state-based artists.	Tuesday 3 and 10 October	9 - 10am	Contemporary Art Spaces Mandurah - Ormsby Terrace Mandurah	Cost: Free Register here
Wellness Wednesday	The event will have an arrange of activities and a variety of entertainment that the whole family can enjoy. Over 50 local services will be participating in providing information, resources and merchandise.	Wednesday 4 October	10am - 2pm	Eastern Foreshore Mandurah	Cost: Free

Health Awareness	Youth event 11-17yrs. Ride the blender bike for free smoothies, competitions to win prizes, Free snacks, and mindfulness coloring.	Thursday 5 October	3 - 6pm	Youth Zone, Mandurah Forum	Cost: Free
Headspace Day	Games, prizes, competitions, treasure hunt, workshops. Ice cream, snacks, face painting. Free event for local youth 12-25.	Friday 6 October	10am - 4pm	10c, 327 Mandurah Terrace, Mandurah	Cost: Free Registrations required by email or phone or links on Headspace Facebook / Instagram
Spring into Life	The event will have market stalls, live music, arts & crafts, yoga, wellness activities, kids entertainment resources and merchandise.	Saturday 7 October	10am - 2pm	Lakelands Shopping Centre – 49 Banksiadale Gate Lakelands	Cost: Free
From Loss to Light: lament poetry writing workshop	Learn the ancient art of lament writing, one of the oldest forms of song and writing known to history. Join this 2-hour interactive, creative and mindful workshop and employ all your senses to turn your feelings of loss, disappointment and unmet expectations into something positive.	Saturday 7 and 14 October	1 - 3pm	Falcon Library and Community Centre	Cost: Free Register here
Community Garden - guided tour, cuppa and a chaty	Relax, unwind and take in the sights, sounds and smells as you stroll or sit in the community gardens. Enjoy a chat or find a quiet space in the sunshine, bring a friend or fly solo and have a cuppa with us.	Saturday 7 and 14 October	9.30 - 11.30am	Mandurah Community Gardens - Coodanup Drive, Coodanup	Cost: Free Register: events@mandurahcommunitygardens.com.au
Breathe yourself to Mediatation	Lea Hughes of Rise to Shine Wellbeing uses breathwork as a method to increase emotional resilience and manage anxiety in her Sunday morning workshops. These workshops take place in an unusual gallery setting surrounded by artworks depicting moments of stillness by local and state-based artists.	Sunday 8 October	8.15 - 9.30am	Contemporary Art Spaces Mandurah - Ormsby Terrace Mandurah	Cost: Free Register here

Casual Cuppa	Come and meet others that have stories to share about living with an invisible illness.	Monday 9 October	10.30am	Shop 4 A Cause & Community Hub Erskine, Erskine Shopping Centre	Cost: Free Register: enquiries@invisibleillnesses.org.au
Seniors Centre Static Display	Static display in front reception - Act Belong Commit.	Monday 9 October	8am - 4pm	Mandurah Seniors and Community Centre	Cost: Free
Mental Health Recognition and Response workshop	The course will explore the types of warning signs and treatments. You will learn about signs to recognise when someone is going through a hard time and provide you with information and tools to assist others to seek help or find supports.	Thursday 12 October	9.30am - 1pm	Mandurah Bowling Club - 81 Allnutt Street Mandurah	Cost: Free Register: health@mandurah.wa.gov.au
Colour Your Life	This fun activity includes colouring-in, or drawing / doodling as an expression of your life, including creation of a large canvas to help decorate the Lotus office. With your permission we will collect your personal stories as you draw / paint, with crayons, acrylics, spray paint, textas, coloured pencil, oil and soft pastels, charcoal, chalk (on the footpath maybe). The focus will not be on artistic skill, rather individual expression and having fun.	Thursday 12 October	10am - 2pm	George Robinson Gardens - Sholl Street	Cost: Free
Wetland Stories: Postcards to the Future Activity Table	Using collage and writing make a postcard to share how the wetlands matter to you with future generations. A legacy and community art installation.	Saturday 14 October	12 - 4pm	Alcoa Mandurah Art Gallery, Performing Arts Centre	Cost: Free Register here