

# Bunbury Mental Health Week 2021

Sunday 10th Oct	Monday 11th Oct	Tuesday 12th Oct	Wednesday 13th Oct	Thursday 14th Oct	Friday 15th Oct
<b>Mental Health Week 2021 Art Exhibition</b> 2 October to 31 October 10am-4pm BRAG All welcome	<b>Mental Health Week 2021 Art Exhibition</b> 2 October to 31 October 10am-4pm BRAG All welcome	<b>Mental Health Week 2021 Art Exhibition</b> 2 October to 31 October 10am-4pm BRAG All welcome	<b>Mental Health Week 2021 Art Exhibition</b> 2 October to 31 October 10am-4pm BRAG All welcome	<b>Mental Health Week 2021 Art Exhibition</b> 2 October to 31 October 10am-4pm BRAG All welcome	<b>Mental Health Week 2021 Art Exhibition</b> 2 October to 31 October 10am-4pm BRAG All welcome
<b>Act Belong Commit Home in the Making Exhibition</b> 10am-2pm Stirling Street Arts Centre	<b>Act Belong Commit Home in the Making Exhibition</b> 8.30am-4pm Stirling Street Arts Centre	<b>Act Belong Commit Home in the Making Exhibition</b> 8.30am-4pm Stirling Street Arts Centre	<b>Act Belong Commit Home in the Making Exhibition</b> 8.30am-4pm Stirling Street Arts Centre	<b>Act Belong Commit Home in the Making Exhibition</b> 8.30am-4pm Stirling Street Arts Centre	<b>Act Belong Commit Home in the Making Exhibition</b> 8.30am-4pm Stirling Street Arts Centre
<b>Mother-Daughter Dance for Connection Workshop</b> 10.15am-1pm South West Women's Health and Information Centre	<b>Australind Art Club Open Day</b> 9am-12pm Stirling Street Arts Centre	<b>Knitters Open Day</b> 9am-2pm Stirling Street Arts Centre All welcome	<b>Mindful for Mental Health</b> 9am-12noon South West Women's Health and Information Centre	<b>Stress Less &amp; Relax More Workshop</b> 9-11am City of Bunbury Library	<b>Suicide Bereavement Forum</b> 9am-12.30pm (inc. morning tea & light lunch) Edith Cowan University Building 6, Room 6.103
	<b>Patchwork &amp; Quilting Open Day</b> 10am-2pm Stirling Street Arts Centre	<b>Water Based Activities</b> South West Water Based Activity Centre Pathways SouthWest 10am-2pm Turkey Point	<b>Spinners Open day</b> 10am-2pm Stirling Street Arts Centre All welcome	<b>Felters Open Day</b> 10am-2pm Stirling Street Arts Centre All welcome	<b>safeTALK training</b> 12.30-4pm Edith Cowan University
	<b>Animal Services Focus – Come and meet a Therapy Dog</b> 2-4pm Stirling Street Arts Centre	<b>Connecting with Families – Activities for Children</b> 11am-1pm Hudson Road Family Centre	<b>Big Swamp Walk &amp; Community BBQ</b> Walk commencing 10.45 for 11am-12pm Community BBQ and outdoor games 12pm-2pm Big Swamp Playground, Eastern carpark.	<b>Creative Textiles Open Day</b> 10am-2pm Stirling Street Arts Centre All welcome	<b>Waryny Koop Bidi Marts (Making Good Pathways) Mural Unveiling SWAMS &amp; PCYC</b> 3-5pm PCYC, Parade Road unveiling & community BBQ
	<b>Bunbury Mental Health Week 2021 and Art Exhibition Opening</b> 5pm onwards BRAG Guest Speaker – Ben Aldridge from 30 Foot Drop Entertainment – Vocal Fusion MC – Jerry Caruana Light refreshments provided Art exhibition entry All Welcome	<b>Stitching and Sketching Sundowner</b> 3.30-5.30pm Stirling Street Arts Centre	<b>Josh Langley – Helping Kids Make Friends With Themselves</b> 3-5pm Child and Parent Centre – Carey Park	<b>Wellbeing After the Birth of Your Baby</b> 12:30-2:30pm Child and Parent Centre – Carey Park Primary School	<b>Beacon of Song Choir Open Day and Craft Stalls</b> 2-4pm Hudson Road Family Centre
	<b>GP down south Building Resilience in Kids</b> 6.30-8pm Bunbury Bowling Club Forrest Avenue Tickets Eventbrite	<b>GP down south Parent Session Re Bullying 101 For Parents</b> 6:30PM Bunbury Bowling Club (ticketed event)		<b>Fear-Less Triple P – Helping Your Children Learn How to Manage Anxiety</b> 5-8:30pm Carey Park Primary School Undercover Area	<b>Pathways SouthWest Mental Health Week Ball</b> 6-10pm Lighthouse Hotel (ticketed event)
				<b>Animal Assisted Services Day</b> Focus on Equine Services To register contact ph: 0411 138 036	

For more information about Bunbury Mental Health Week 2021 visit [mentalhealthweek.org.au/events](https://mentalhealthweek.org.au/events)



## Venues

### BRAG

Wittenoom Street, Bunbury

### Stirling Street Arts Centre

Corner of Stirling and Charles Streets, Bunbury

### South West Women's Health and Information Centre

19 Fielder Street Bunbury

### Child and Parent Centre – Carey Park

Carey Park Primary School, Ecclestone Street, Bunbury

### Bunbury Bowling Club

72 Forrest Avenue, Bunbury

### Edith Cowan University

Robertson Drive, Bunbury

### City of Bunbury Library

1 Parkfield Street, Bunbury

### Big Swamp Playground

Prince Phillip Drive South Bunbury

Please meet for walk at the Eastern Playground carpark closest to Minninup Rd (not at the Wildlife Park)

### SWWBAC Turkey Point

Vittoria Street

### Hudson Road Family Centre

95 Hudson Road, Bunbury

## SUPPORTED BY

pathways  
southwest

Towards better mental health



BR  
AG



South West  
Community Alcohol  
& Drug Services  
(SWCADS)

