

CITY OF MOUNT GAMBIER

# MENTAL HEALTH MONTH 2022

OCTOBER IS MENTAL HEALTH AWARENESS MONTH

MENTAL  
HEALTH  
MONTH  
OCTOBER 2022

• CONNECTING WITH COMMUNITY •



## CLOSE 2 HOME FESTIVAL

**Saturday 1 October 1:30pm - 10:30pm**  
**Mount Gambier Bowls Club**

Music festival raising awareness and funds for local mental health networks.

Pop down to see Library staff onsite between  
1:30pm – 4:30pm with activities and promos!

**Tickets \$20.00 under 14 free - scan QR code for tickets.**



## ACRYLIC POUR WORKSHOP

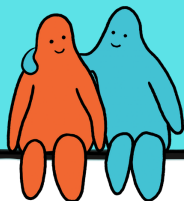
**Sunday 16 October at 10:30am**  
**The Riddoch Arts & Cultural Centre**

Join others from your community for a relaxing and creative acrylic pour session to create your very own wooden platter or canvas.

**Cost: \$20.00 – bookings essential phone The Riddoch on 8721 2563.**



City of  
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## **MINDFULNESS WATERCOLOUR WORKSHOP**

**Friday 21 October at 2:00pm  
The Riddoch Arts & Cultural Centre**

Learn the basics of creating depth in landscapes with easy to follow exercises for beginners. Facilitated by Library staff.

**Free - bookings essential phone the Library on 8721 2540.**

## **THE HAVEN MOUNT GAMBIER**

**Open Monday to Friday 10:00am - 2:00pm  
Mount Gambier Library**

Empowering at-risk women and children with face-to-face support, information and referrals to local agencies from specially trained volunteers.

## **WELLBEING HUB**

**Open every Wednesday 1:00pm - 5:00pm  
Mount Gambier Library**

An informal opportunity to connect with various support agencies for advice or just a friendly face.

### **Mount Gambier Library**

6 Watson Terrace, Mount Gambier  
Phone 08 8721 2540  
[mountgambier.sa.gov.au/library](http://mountgambier.sa.gov.au/library)

### **The Riddoch Arts & Cultural Centre**

1 Bay Road, Mount Gambier  
Phone 08 8721 2563  
[theriddoch.com.au](http://theriddoch.com.au)