



City of Mount Gambier

MENTAL HEALTH AWARENESS MONTH PROGRAM

CLAY BOWLS AND BEADS WITH CHRISSY PUDNEY

15+

Saturday 7 October at 10:30am Riddoch Arts & Cultural Centre

Create your own bowl using the simplest yet most effective method of pinching, then learn how to handcraft beautiful little treasures in the form of beads and buttons.

Cost: \$30.00 / \$20.00 concession.

Bookings 8721 2563.

GALLERY GUIDED TOUR

Saturday 14 October at 1:00pm Riddoch Arts & Cultural Centre

A free and great way to explore selected exhibitions with a personal touch with knowledgeable staff.

Cost: FREE.

Bookings not required.

VR GUIDED MEDITATION

16, 17 and 18 October

10:30am - 12:00pm / 3:30pm - 5:00pm

Riddoch Arts & Cultural Centre

Find peace and joy in stunning picturesque landscapes, taking you on a mindful journey through virtual reality.

Cost: FREE.

Bookings not required.



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PIECES FILM SCREENING

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Thursday 19 October at 6:30pm

School Sessions: Monday 23, Tuesday 24, Wednesday 25 October

at 10:30am

Riddoch Arts & Cultural Centre

An art teacher and her recovery class are commissioned to make the backdrop for a professional dance performance. As a documentary film crew records the process, they uncover the incredible personal stories of the students and their battles with mental illness. These experiences not only mould and transform the final performance, but also their lives and the life of their teacher.

Cost: FREE.

Bookings 8721 2563.

LIFE DRAWING WITH APRIL HAGUE AND JANE VAN EETEN

Sunday 22 October at 1:00pm Riddoch Arts & Cultural Centre

18+

Draw to your heart's content at your own pace. All levels of ability welcome. Materials supplied but you are also welcome to bring your own.

Refreshments and nibbles provided.

Cost: \$35.00 / \$30.00 concession.

Bookings 8721 2563.

MINDFULNESS ART

Monday 23 October at 2:00pm

Mount Gambier Library @ Riddoch Arts & Cultural Centre Art Studio

Create vibrant designs as we blend colours on canvas paper using Sharpie markers and tiny drops of alcohol. A fun and interesting way to experiment with art and release that inner 'feel-good' effect.

Cost: FREE.

Bookings 8721 2540.

A WALK CAN DO WONDERS - CHURCH HILL WALK

Wednesday 25 October at 1:30pm

Mount Gambier Library

This tour is a snapshot of the social history of our city. With pubs, nightclubs, and churches, this tour takes a look at some of the city's oldest and more modern past times.

Total walking distance 1km with moderate incline. Participants receive a free travel mug to fill with a cool or hot drink.

Cost: FREE.

Bookings 8721 2540.



The Riddoch Arts & Cultural Centre 1 Bay Road, Mount Gambier Phone 08 8721 2563 theriddoch.com.au Mount Gambier Library 6 Watson Terrace, Mount Gambier Phone 08 8721 2540 mountgambier.sa.gov.au/library