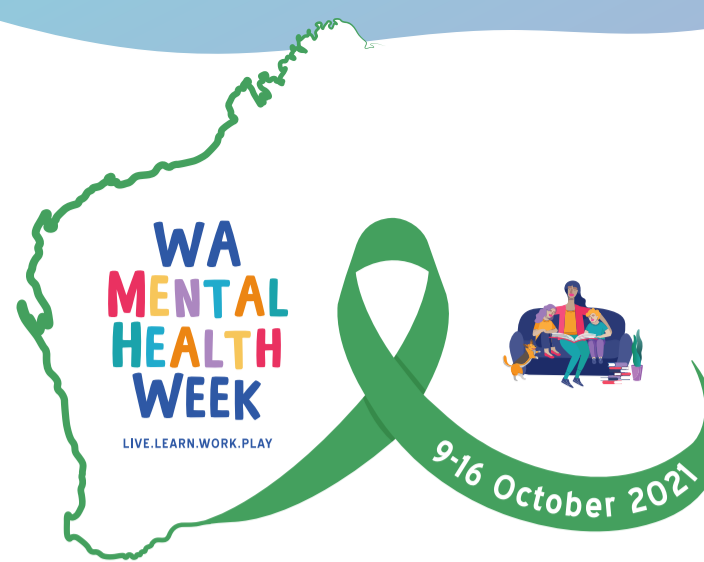


# MENTAL HEALTH WEEK PORT HEDLAND 2021



**MONDAY OCT 11**

**Carer and Consumer Lunch**

Lotteries House 11:00 AM-2:00 PM

Presented by Pilbara Mental Health and Drug Service

**Return to exercise for post natal mums**

Well Women's Centre 9:30 AM-10:30 AM

Come and learn about returning safely to exercise after having a baby and the benefits for your mental health.

Presented by Hedland Well Women's Centre

**TUESDAY OCT 12**

**WMHSAC Men's Group**

Wirraka Maya 11:00 AM-2:00 PM

A group dedicated to men's health, both mental & physical

Presented by Wirraka Maya Health Service

**Mental Health Week Lunch**

Wapa Maya Welcome Centre 12:00 PM-2:00 PM

Presented by Bloodwood Tree Assosiation

**WEDNESDAY OCT 13**

**Carer Retreat**

Lotteries House 10:00 AM-3:00 PM

A free Art Workshop for adult carers. Registrations essential

Presented by Helping Minds

**Mental Health Week Lunch**

Wapa Maya Welcome Centre 12:00 PM-2:00 PM

Presented by Bloodwood Tree Assosiation

**THURSDAY OCT 14**

**Carer Retreat**

Lotteries House 10:00 AM-3:00 PM

A free Art Workshop for adult carers. Registrations essential

Presented by Helping Minds

**Mental Health Week Lunch**

Wapa Maya Welcome Centre 12:00 PM-2:00 PM

Presented by Bloodwood Tree Assosiation

**THURSDAY OCT 14**

**The Splash at SHAC**

South Hedland Aquatic Centre 3:00 PM-5:00 PM

Presented by Town of Port Hedland

**FRIDAY OCT 15**

**WMHSAC Women's Group**

Wirraka Maya 11:00 AM-1:00 PM

A safe and supportive environment where women can get together and explore relationships with themselves and others through mindfulness activities, good food, and great yarns.

Presented by Wirraka Maya Health Service

**Mental Health Wellbeing Expo & Dodgeball Tournament**

Marquee Park 3:00 PM-6:00 PM

Each Dodgeball team will have 8 players and 2 subs. The competition will be played as a knockout competition with prizes. Get your registration form from the ToPH website.

Mental Health starts with our  
**CHILDREN**

[mentalhealthweek.org.au](http://mentalhealthweek.org.au)

@MentalHealthWeekWA #mhw2021

