



# Mental Health Week 2024

## Calendar of Events



### Mindful Trails and Creative Tales

**Thu, 26 Sep**  
• 10am-12pm

Embark on a short walking tour by Down Under Discoveries, that blends the tranquillity of nature, the practice of mindfulness, and the joy of artistic creation.

Joseph and  
Dulcie Nannup  
Trail Riverside  
Gardens



### Breath: Connecting to Calm

**Sat, 28 Sep**  
• 4-5.30pm

Cultivate the breath to enhance relaxation.

Contemporary Art  
Spaces Mandurah  
63 Ormsby Tce,  
Mandurah



### Wellness Wednesday

**Wed, 2 Oct**  
• 10am-2pm

Family-friendly Health and Wellbeing event with information stalls, activities and entertainment.

Western  
Foreshore

**No registration**



### BMX Jam Session

**Wed, 2 Oct**  
• 9-9.50am  
• 10-10.50am  
• 11-11.50am

Freestyle Now will be hosting FREE BMX coaching clinics, while Fleet Cycles will share how to fix and maintain your bike.

Western  
Foreshore  
Mandurah Skate  
Park



### Spring into Life

**Fri, 4 Oct**  
10am-2pm

This family-friendly event, with a focus on mentally healthy activations will include community stalls and fun activities for everyone.

Lakelands  
Shopping Centre  
49 Mandurah  
Road  
Lakelands

**No registration**



### Breath: Breathe into Balance

**Sun, 6 Oct**  
8-9.30am

Use breathwork to regulate and rebalance the overactive mind.

Contemporary Art  
Spaces Mandurah  
63 Ormsby Tce,  
Mandurah





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### Mental Health Display

<b>Mon, 7 Oct</b> All Day	Static information display on Mental Health aimed at members of the Mandurah Seniors Centre.	Mandurah Seniors Centre 41 Ormsby Tce, Mandurah	<b>No registration</b>
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### Barista Course


<b>Mon, 7-9 Oct</b> 10am-2pm	Introduction to Barista Basics, Coffee History and more.	Billy Dower Youth Centre	
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### Suicide Prevention Workshop


<b>Wed, 9 Oct</b> 9am-1.30pm	Participants will increase their knowledge about suicide and learn suicide intervention skills.	Falcon Library, Corner of Cobblers Road and Flavia Street Falcon	
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### Mandurah Meditation Open Day

<b>Thu, 12 Oct</b> 10am-2pm	Introduction to meditation. Interactive activities will be available as well as consultations and group exercise sessions.	19 Scott Street Mandurah	
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### Conversations about Non Suicidal Self-Injury

<b>Thu, 17 Oct</b> 12-4pm	Participants learn how to recognise and respond to the person engaging in non-suicidal self-injury, and the interventions and supports available to encourage pathways to professional help.	Lakelands Library 49 Banksiadale Gate Lakelands	
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