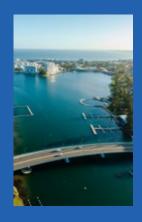




Mental Health Week 2025 Calendar of Events



Wellness Wednesday

Wed, 1 Oct 10am - 2pm The event will have an array of activities and a variety of entertainment that the whole family can enjoy. Over 50 local services will provide information, resources and merchandise.

Eastern Foreshore



Rest, Restore & Recharge with Music

Fri, 3 Oct 6pm - 7.30pm

Rest, Restore and Recharge with Music, featuring acclaimed pianist Robert Graham, provides an hour and a half of soothing and meditative live piano music, designed to relax, calm, regenerate and inspire contemplation.

CASM



Mindful Moments for the Whole Family

4-11 Oct 11am - 2pm

Connecting Mental Health Week with School Holidays at Lakelands, allowing children to enjoy mindful tasks while parents take a well-deserved, restorative moment of rest.

Lakelands Shopping Centre

No bookings required





Join Lizelle Hartley for an empowering session on loneliness and depression, with practical tips, open discussion, wellness giveaways, and free glucometers for attendees with diabetes. Proudly supported by Mandurah Central Pharmacy.

Mandurah Seniors Centre

To register, please call 95503799



Wed, 8 Oct 10.30am-3.30pm

Make space to connect and create at our Youth Market featuring giant games, face painting, pot painting, planting, music and stalls showcasing talented local young artists.

Mandjar Square No bookings required



Sun, 12 Oct 2pm - 3.30pm

The Kids' Big Dance Party will feature a live DJ, dance workshop, arts & crafts activities and a sensory play area for younger siblings to enjoy. Put on your dancing shoes and come on down to Dawesville for a fun-filled Sunday afternoon adventure!

Dawesville Community Centre



