



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**

Finding Connection: Understanding and Overcoming Loneliness and Depression

Tue, 7 Oct
1pm - 2pm

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**

Headspace Day Youth Market

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**

Kids' Big Dance Party

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

