




# Mount Gambier September 2019



DATES	Tuesday 3 September	Thursday 5 September	Tuesday 10 September	Thursday 12 September
10.30am-11.45am	 History Group with Jeanette <b>Sinkholes and caves</b>	<b>10th Anniversary</b> <b>CITY HALL</b> <b>10am</b> Guest Speaker <b>Matt Ball</b>	<b>Arts Play</b> with Liz Ferguson	 <b>ON THE MOVE</b> with Phil
12.15pm-1.30pm	<b>B.Y.O Lunch</b>			<b>Lunch</b>
1.30pm-3.00pm	ESHER HOUSE Strengths & Resilience <b>Volunteer Training</b> 1-3pm (WISE Employment)	Matt Ball <b>UNI SA 1-5pm</b> Working with psychosis & trauma in human relationships.	ESHER HOUSE Strengths & Resilience <b>Volunteer Training</b> 1-3pm (WISE Employment)	

DATES	Tuesday 17 September	Thursday 19 September	Tuesday 24 September	Thursday 26 September
10.30am-11.45am	 TAI CHI with Robert Griffin	<b>Understanding Thoughts</b> with Bernie Douglas	9.00am NATURE IN MIND <b>Lake Edward</b> <b>Lake Leake</b> RSVP necessary Costs involved Funded by Friends of Parks	 <b>ON THE MOVE</b> with Phil
12.15pm-1.30pm	<b>B.Y.O Lunch</b>	<b>Lunch</b>		<b>Lunch</b>
1.30pm-3.00pm	ESHER HOUSE Strengths & Resilience <b>Volunteer Training</b> 1-3pm (WISE Employment)			

DATES
<p><b>LIFEBOAT</b>                      Meets first Wednesday of each month                      City Hall Foyer                      Mount Gambier                      6.15pm-7.15pm</p> <p><b>MILLICENT</b>                      Activities on Tuesday 1pm &amp; Wednesday 12pm at                      Country Health Connect meeting rooms</p> <p><b>PENOLA</b>                      Meet &amp; Greet first Monday of the month 10-11.30am                      Penola Visitor information Centre</p> <p><b>Check our website:</b> <a href="http://www.thesoutheastjunction.org.au">www.thesoutheastjunction.org.au</a>                      Or follow us on Facebook:                      South East Junction</p>



**LIFEBOAT** Talk with a mate when

you are finding it tough. Talk with others who have experienced high levels of stress, anxiety and depression.

Drop in the first Wednesday of each month at the City Hall foyer 6.15 -7.15pm.

**Mindfulness Sessions**

**At The Mount Gambier Public Library**

**SUNDAYS** (11.30am - 12.15) meditation

**Meditation Practice Group Wednesday 4 Sept 2019**

**10.00am-12pm** at The South East Junction. 19 Ferrers St, Mount Gambier



**DESCRIPTION**

**ICON**

**HAVE YOUR SAY**

Have your in-put and discuss activities and daily management and make the Junction a place to meet and learn



**DESCRIPTION**

**ICON**

**TAI CHI with Robert Griffin**

Tai Chi allows you to express your mind and body to develop patience, tranquility and inner balance.



**DINERS LUNCH**

Healthy meals prepared by all, cooked and enjoyed. Diners (main course) and Lunch (soup or salad). Costs involved.



**ARTS PLAY with Liz**

**ARTS PLAY**

**WATER COLOURS with Jill**

Explore your creative side and have fun. Small cost.



**ON THE MOVE**

Exercise class suitable for all ages and fitness levels. A fun way to increase your fitness & socialize..



**MINDFULNESS**

A great way to reduce stress and relax. Presented by Limestone Coast Meditation Community (LCMC)



**HEALTHY LIVING with Peter**

All topics relate to healthy living and include food, managing a household and many more. Different ways of presentation are used.



**VOLUNTEER TRAINING**

**Esher House -Strengths & Resilience.**  
**(WISE Employment)**

**Matt Ball**  
**Psychotherapist & Nurse Practitioner**  
**(2017 Australian Mental Health Nurse of the year)**

Matt has over 15 years experience working with individuals and groups in Australia and the UK as a psychotherapist and supervisor. He provides workshops and consultancy in private practice as a trainer for the Blue Knot Foundation.

**Matt will be offering a workshop**  
**Working with psychosis**  
**& trauma in human relationships.**

**at UniSA Thursday 5 September 1-5pm**  
**Tickets \$95**

**Bookings essential.**

**CRAFT with Leanne**

Creating interesting items, and learning new skills. Small cost.



**HISTORY**

Find out more about the history of our region with a member of the Mount Gambier Historical Group.



**UNDERSTANDING THOUGHTS** Presented by Bernie Douglas. Like to improve or learn managing skills. These sessions aim to give tools and raise awareness, about how we think. Looking at our thoughts, in a more positive way.

**19 Ferrers Street MOUNT GAMBIER SA 5290**

**Contact 0477 886 450**

**Follow us on Facebook "South East Junction"**

**Or Visit Our Website**

[www.thesoutheastjunction.org.au](http://www.thesoutheastjunction.org.au)

