

# Welcome Back 2021

DATES	Tuesday 12 January	Wednesday 13 January	Tuesday 19 January	Wednesday 20 January
Tuesday and Wednesday 12.00pm-3.00pm	<b>Coffee &amp; Chat</b> Let's make plans for 2021	WALKING  ART & CRAFT 	<b>Millicent History</b> with Colleen Hammat 	WALKING  ART & CRAFT 
	DATES Tuesday 26 January	Wednesday 27 January	Tuesday 1.00pm-3pm	Wednesday 12.00pm-3.00pm
	<b>MURALS</b> with Peter Dunn (local artist) 	<b>LIFEBOAT</b> First Tuesday of February City Hall Foyer Mount Gambier 6pm-7pm <b>MOUNT GAMBIER</b> Activities on Tuesdays Open 10am at 19 Ferrers Street Check our website: <a href="http://www.thesoutheastjunction.org.au">www.thesoutheastjunction.org.au</a> Or follow us on Facebook: South East Junction		

**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 Tuesday of each month at the City Hall foyer 6.15pm–7.15pm.

**Mindfulness Sessions**  
**At The Mount Gambier RSL**  
**16 Sturt Street**  
**In the member room.**  
**SUNDAY 7 Febr.2021 (11.30am - 12.15)**  
**Guided Meditation**



**DESCRIPTION**

**ART & CRAFT**

Explore your creativity and improve or learn your skills, while having fun

**ICON**



**DESCRIPTION**

**WALKING**

Join us for a short walk to keep us energized and healthy.

**ICON**



**TIPS & BITS AROUND THE HOME**

**With Leanne**

From making your own cleaning supplies, to use by dates, Up-cycling your clothing and help to reduce landfill and more.



**AGM & Management Committee Meeting**

These meetings are open to everybody, but only members and the Board have voting rights.

**HISTORY with Colleen Hammat**

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



**GAME ON with COLLEEN**

Delve in your creative side and in the meanwhile improve on all kind of skills. A good way to socialise and have a lot of fun.



**WORK IN PROGRESS**

Help out around the Junction with daily management, gardening, cleaning, odd jobs to keep the Junction a safe and fun place to meet.



**27 JANUARY 2021**

*Everyone has a story to tell..*

**Peter Dunn** is a professional artist who lives on the Limestone Coast.

Finding his own sense of purpose through creativity has been a long slow process for him and taught him many life lessons. One of the highlight of Peter's creative journey to date has been the production of a wall Mural in Millicent in 2015 which features images from the local wetlands known as Lake McIntyre. Using visual images and background stories he tells of how producing this mural proved to be significant both for himself and members of the wider Community.



In telling part of his own creative journey Peter aims to encourage others also :-

" Whatever our background has been, whatever our beginnings we possess the unique gift of being ourselves, that no-one else can be.

Our story matters, and in telling our story we begin to own it and not take our life, our journey, for granted. "

**Join us at The Junction , Mt Gambier, in January 2021**

where Peter will share both his story and encouragement with us

....all are most welcome.

**Country Health Connect (meeting room)**  
**near the Millicent Hospital**  
**Ph: 08-8792 9425 Mobile: 0477 886 450**  
**Follow us on Facebook "South East Junction"**  
**Or visit our Website**  
[www.thesoutheastjunction.org.au](http://www.thesoutheastjunction.org.au)

