

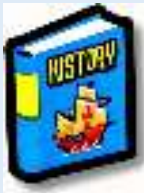
**DATES** Tuesday 6 July Tuesday 13 July

**Times**  
10.30am-11.45am  
12.15pm-1.30pm  
1.30pm-3.00pm


**NATURE IN MIND**  
Start 9.00am.  
Please bring a packed lunch, a drink, a hat & garden gloves.  
Costs apply for transportation  
Bookings essential





**Physical & Mental Wellbeing workshops**  
by Anita Franklin  
(social work)  
fully booked



**History**  
with Jeanette

**Lunch** 




**Physical & Mental Wellbeing workshops**  
by Anita Franklin  
(social work)  
fully booked

**DATES** Tuesday 20 July Wednesday 21 July

10.30am-11.45am

**NO Morning Session**

12.15pm-1.30pm  
1.30pm-3.00pm



**Physical & Mental Wellbeing workshops**  
by Anita Franklin  
(social work)  
fully booked

Millicent Mental Health Wellbeing Centre PRESENTS

**ESCAPE ROOM**  
Wednesday 11am-3pm



RSVP necessary

**DATES** Tuesday 27 July

10.30am-11.45am

**TAI CHI**  
with Robert



12.15pm-1.30pm

**MICHAEL'S Lunch** 



**Physical & Mental Wellbeing workshops**  
**NEW COURSE**  
**IN AUGUST**  
**REGISTER NOW**

**Tuesday 3 August**  
**AGM 1pm**

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Followed by the  
**Management Committee meeting**



**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 6.30pm-7.30pm.

**Mindfulness Sessions**  
**At The Mount Gambier RSL**  
**16 Sturt Street**  
**In the members room.**  
**SUNDAY (10.00am - 11.00am)**  
 Guided Meditation



**DESCRIPTION**

**ICON**

**HISTORY**

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



**TAI CHI**  
 with Robert



**DESCRIPTION**

**ICON**

**Lunch**

and desert

by Michael



**AGM & Management Committee Meeting**

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

**Millicent Mental Health & Wellbeing Group**

PRESENTS

**ESCAPE ROOM**

Wednesday **12pm-3pm**



RSVP necessary

**WELLBEING WORKSHOP**

Are you struggling with your health? Would you like to have more tools in your toolkit to improve your wellbeing?

Join the Physical and Mental Wellbeing Workshops. These 2 series of 6 customised workshops will be practical and based on your own challenges and experiences.

**18, 25 MAY**  
**1, 8, 15, 22 JUNE**

**1.00PM TO 2.30PM**

**19 FERRERS STREET, MOUNT GAMBIER**

**GOLD COIN DONATION**

**FACILITATED BY ACCREDITED SOCIAL WORKER - ANELA FRANKLIN**

**REGISTER THE JUNCTION**

19 Ferrers Street, Mount Gambier  
 0477 886 450  
[junctioncoast@gmail.com](mailto:junctioncoast@gmail.com)

Tailored small group workshops for individuals wanting support with overall health.

**A NEW 6 WEEK COURSE STARTS 10 AUGUST 2021**

**REGISTER NOW**



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)