



SEE MENTAL HEALTH DIFFERENTLY

COMMUNITY RESILIENCE FLEURIEU



January – February 2021

For registration, please phone Erica Gurner: 0419 273 404
For general enquiries, call SkyLight: 8378 4100

SEE MENTAL HEALTH DIFFERENTLY

Tinker Space: Fix it, Make it, Chat

**Mondays starting 18th January
10:00am – 12:30pm**

Got something that needs repairing? Tinkering with a craft project or want some handy-person skills? The Tinker Space is for anyone who would like to learn or share a skill for fixing or making things or those who want to come along for a chat.

Note: This program is ongoing, breaks aligning with school holidays.

Location: Martha Close, Victor Harbor (Look for the big green shed)

Music Matters

**Tuesdays starting 12th January
10:00am – 12:00pm**

A music group focusing on the joy and achievement of playing and singing together as a band. No prior music experience is required. This program is delivered in partnership with Goolwa Community Centre.

Location: Goolwa Community Centre.

Relaxation for Stressful Times

**Tuesdays starting 12th January
1:45pm – 3:00pm**

This program will introduce you to different ways to relax and be calm including breathing, being in nature, gentle movement & walking, writing & creativity. Whether you've never done something like this before or you have a regular relaxation routine, you can learn and practice techniques to use every day or in stressful times, to improve wellbeing.

Location: Terralba House, 9-11 Seaview Rd, Victor Harbor (next to Church of Christ)

Drumming for Relaxation

**Wednesdays: 3rd Feb – 3rd March
1:30pm – 3:00pm**

This 6-week adult beginners program will introduce you to hand drumming using African djembe drums. It is a great way to calm the mind, have some fun and feel refreshed. Drums are provided, no experience required. Free or available through an NDIS plan.

Location: Goolwa – venue to be confirmed.

Community Conversations: Yankalilla

**Various times &
locations**

Coordinated community action to improve mental health in Yankalilla. Join the conversation, training and other initiatives. This program is delivered in partnership with District Council of Yankalilla.

COMMUNITY RESILIENCE FLEURIEU ABOUT

ABOUT THE PROGRAM

The Community Resilience Fleurieu program, offered by Skylight Mental Health, provides wellbeing and mental health support to communities in Victor Harbor, Goolwa, Yankalilla and Willunga. Support includes group programs, community workshops and initiatives delivered in partnership with local groups and organisations. This program is supported by the Department of Social Services 'Strong & Resilient Communities' funding. The program is free and also available to people through their NDIS plan.

REGISTRATION

Registration is required for participation, please phone Erica on 0419 273 404. For general Skylight enquiries, please phone 8378 4100 or email skylight@skylight.org.au

COVID-19

Due to risks posed by COVID-19, participants of face to face groups will need to agree to the Skylight Group Infection Control Guidelines whilst participating in the group to maintain health and safety of participants, staff and the community

Skylight respectfully acknowledges Aboriginal and Torres Strait Islander people as the traditional custodians of this land and celebrates all people who call this land home.



A 5 Cooke Terrace Wayville SA 5034
P (08) 8378 4100
W skylight.org.au