

October is Mental Health Month

Join in on the fun, connection & all things mental fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10,000 Steps Challenge Begins (Wellbeing SA) 10000steps.org.au	2 Needs Mapping & Check Your Need-o-Meter via MFEP FB page!	3 Casual Conversations at Youth Hub 4-6pm (Free & no RSVP)	4 Girls Connect & Create Session at Youth Hub 9.30-11.30am	5 Games Group for 18+ WCYCS 12-4.30pm. Contact WCYCS for more info	6 Carry out a Random Act of Kindness today!	7 Make a donation to a charity!
8 Pay for someone's coffee or meal!	9 Send a gratitude email!	10 World Mental Health Day Casual Conversations at Youth Hub 4-6pm	11 Phone a friend or family member you haven't spoken to in a while!	12 Mental Health Community Expo PL Foreshore 11am-3pm	13 Singing Bowl Meditation PL Yoga Studio 6.30pm with Emma V. \$20, Book 0438858680	14 Think of something you love to do... DO IT!
15 De-clutter a space in your house - pantry or wardrobe are good options!	16 Op Shop 'Til Ya Drop 11am-1.30pm Bus and shared lunch	17 Ladies World Menopause Evening 6.30pm Contact MFEP for details	18 Living with an Autoimmune Disease Casual Catch up 5.30-6.30pm	19 Games Group for 18+ WCYCS 12-4.30pm. Contact WCYCS for info	20 Affirmation Station Activity via MFEP FB page!	21 Go for a walk & listen to a Podcast. Have you heard MFEP+ME yet?
22 Write down 5 things you are grateful for!	23 Go to bed earlier than usual. Set yourself up for a good sleep!	24 Walk & Talk Cummins Town Oval 8.15-9.30am and Casual Convo	25 Take a break from social media. Can you go the whole day? 24 hours?	26 Mum's Mental Health Morning Tea 10-11.30am Youth Hub & Cummins Our Town Village Arts	27 Blokes, BBQ and Banter at Yarrabala Coffin Bay. Contact MFEP for more info	28 Leave a positive public review for a business or a rave on FB!
29 Make a recipe you haven't tried before and enjoy eating it!	30 Wellbeing Evening 6.30pm at Life Club. Contact MFEP or LC for more info	31 Cummins Walk & Talk and Lincoln Casual Convo are both on!	CHECK MFEP FACEBOOK PAGE FOR DETAILS OF EACH DAY OR DM FOR MORE INFO!			COLOURED SQUARES = EVENTS! WE HOPE TO SEE YOU AT ONE, TWO OR MORE!

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J Spring



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