

Mental Health Awareness Week

Events at The Hub

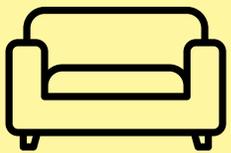
Come along and get involved in some sport activities for all different fitness levels. Release endorphins and boost your mood!

Sports Club
Gibby Park 2-3pm



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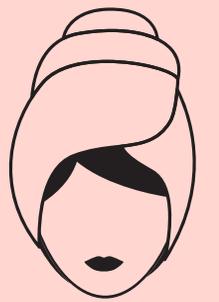


Popcorn & Chill
Drop In
Recovery Hub 2-4pm

This drop-in will involve popcorn, snacks and time with peers. Socialising is proven to help boost your mood and reduce feelings of loneliness

We will be offering hair and nail treatments in a relaxing environment. Pampering yourself helps increase self esteem and reduce stress levels

Pamper Day
Recovery Hub 2-4pm



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Let's talk about Mental
Health Conv Cafe
Recovery Hub 2-4pm

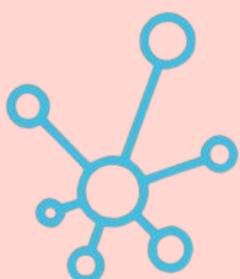
We will be joined by Mind Your Head to discuss all things mental health. Come along and get involved. Tea, coffee and cakes provided to enjoy.

New Sky Yoga is coming to The Recovery Hub to hold a guided sound meditation session. Meditation encourages stress reduction and relaxation

Guided Sound
Meditation
Recovery Hub 2-4pm



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