

# INSIGHTS MEETING

A support and advocacy group for anyone affected by mental illness, emotional issues/and or social Isolation in and around the Ballarat area.



## We will be meeting at Wellways

The corner of Mair and Humffray (53 Humffray Street North)

The meetings run every fourth Thursday of the month from 7.00 to 9.00pm.

We also catch up for coffee at the M.A.D.E. café every second Saturday of the Month at 11am.

No need to RSVP. You can just show up.

Partners, friends and family, Carers and workers welcome (upon invitation by the participant). Contact Mark on 0419 842 527 or email [insightsmhballarat@gmail.com](mailto:insightsmhballarat@gmail.com)

## Thursday February 28<sup>th</sup> 2019

We will hold another one of our popular music nights. Bring any instruments you play and be prepared to join in the singing and music making!!



**Saturday March 23<sup>rd</sup> 2019**

Insights is launching its new website so that we can reach a new generation of members. Come to the launch at Eastwood Leisure Complex. RSVP. 1 pm to 4 pm. Guest speaker, band and afternoon tea. Eastwood St, Ballarat Central.



**Thursday March 28<sup>th</sup> 2019**

Come with your favourite recipe and be prepared to trade it.



**Thursday April 25<sup>th</sup> 2019**

We will be talking about the value of pets for recovery. Bring a photo of your favourite pet.

