

# Insights Meeting

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



## **We will be meeting at Wellways**

On the corner of Humffray and Mair St, Ballarat Central  
(53 Humffray St North)

The meetings run on the 4<sup>th</sup> Thursday of each month  
from 7:00 – 9:00pm

No need to RSVP, just show up

We also hold a morning meeting on the 2<sup>nd</sup> Saturday of  
each from 11am onwards at the Eureka Museum Café on Stawell  
St, Eureka

Partners, friends, family and carers are welcome upon  
permission by the participant

For more information please contact Mark on

0419 842 527, email us at

[insightsmhballarat@gmail.com](mailto:insightsmhballarat@gmail.com) or head to our website

[www.insightsmhballarat.org](http://www.insightsmhballarat.org)

## Saturday 10<sup>th</sup> August

Coffee meeting at Eureka Museum Café



## Thursday 22<sup>nd</sup> August

We'll reflect on the series of workshops held at FedUni and talk about some of the highlights of the event.

## Saturday 14<sup>th</sup> September

Coffee meeting at Eureka Museum café

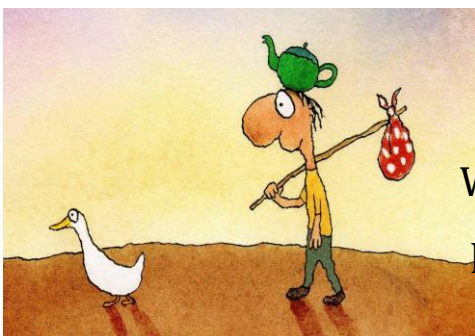


## Thursday 26<sup>th</sup> September

We'll talk about exercise and fitness, and how this has aided us in our recovery.

## Saturday 12<sup>th</sup> October

Coffee meeting at Eureka Museum Café



## Thursday 24<sup>th</sup> October

We will be discussing our goals and hopes for the future while having a lived experience.

During one of our meetings for the next 3 months we will also be having a mystery Guest Speaker. Please come along!