Insights Meeting

A support and advocacy group for

anyone affected by mental illness,

emotional issues or social isolation

in and around the Ballarat area.

Meetings run on the 4th Thursday of each month

from 7:00 – 9:00pm on the app Zoom

Meeting link: <https://us02web.zoom.us/j/83173076076>

There is no password

We will also be meeting every 2nd Saturday of the month at Pipers by the lake at 11am for a coffee catch-up and a dog walk. This may be subject to change. Please contact prior to meeting.

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 or head to our website or Facebook www.insightsmhballarat.org <https://www.facebook.com/insights.ballarat.1>

**Saturday 14th August**

Coffee catch up at Pipers by the Lake, 11am.

Followed by a walk around the lake with your dog

May be subject to change depending on restrictions



**Thursday 26th August**

 Role Models,

7-9 pm. Who we look to for inspiration.

**Saturday 11th September**

Coffee catch up at Pipers by the Lake, 11am.

Followed by a walk around the lake with your dog

May be subject to change depending on restrictions



**Thursday 23rd September**

Good mental Health, 7-9 pm

Staying well during the pandemic

**Saturday 9th October**

Coffee catch up at Pipers by the Lake, 11am.

Followed by a walk around the lake with your dog

May be subject to change depending on restrictions

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 **Thursday 28nd October**

Joke night 7-9pm

Funny memes, jokes and pictures.