

Insights Meeting

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



In the time of COVID, we will be meeting on Zoom

Thursday meeting:

Meetings run on the 4th Thursday of each month from 7:00 – 9:00pm

Meeting ID: 759 417 786 Password: none

We also hold a morning **coffee catch-up** on the 2nd Saturday of each month from 11am onwards also on Zoom.

Meeting ID: 255 820 279 Password: 713 763

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 8th August

Coffee catch up on Zoom, 11am.

Zoom meeting ID 255 820 279

Password 713 763



Thursday 27th August

Dinner Party!

Call in on Zoom and join us for a friendly chat while you cook and enjoy a meal from home

Meeting ID: 759 417 786 Password: none

Saturday 12th September

Coffee catch up on Zoom, 11am

Zoom meeting ID 255 820 279

Password 713 763





Thursday 24th September

Laughter is the best medicine!
This Zoom meeting we will be sharing our favourite jokes and funny stories. Lighten up your day with a good belly laugh.

Meeting ID: 759 417 786 Password: none

Saturday 10th October

Coffee catch up on Zoom, 11am.

Zoom meeting ID 255 820 279

Password 713 763



Thursday 22nd October



Topic: Anxiety

A supportive discussion about anxiety; the forms it takes and how we can manage it.

(Zoom meeting)

Meeting ID: 759 417 786 Password: none

