

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: 83173076076 Password: none

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 13th November

Coffee catch up at Pipers by the Lake, 11am.
Followed by a walk around the lake with your dog



Thursday 25th November

Funny Pictures, Memes, Jokes and Riddles

7-9pm through the app Zoom

Meeting ID: 759 417 786 Password: none



Thursday 16th December

Christmas Dinner at Aroma of India, 6:30pm.
We'll be enjoying Christmas Dinner and
Kris Cringle for the night.
Please bring a gift to the total of \$10 to swap



January

Insights will be taking a break
See you in February.

