

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 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 February

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 25th February

New Years Resolutions, 7-9 pm

Call in on Zoom and join us for a friendly chat about our
resolutions for the year

Meeting ID: 759 417 786 Password: none

Saturday 13th March

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 25th March

Jokes, Memes and funny photos, 7-9 pm

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 April

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 22nd April

Topic: Our favourite songs,
A night about music and poetry

(Zoom meeting)

Meeting ID: 759 417 786 Password: none

