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 hold hybrid meetings – either come in to Wellways (corner of Mair & Humffrey) or attend on ZOOM

Thursday meetings:

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

Meeting ID: 881 0463 3459 Password: Insights

We also hold meetings every 3rd 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 Insights on 0493 521 703, email us at insightsmhballarat@gmail.com or head to our website or Facebook www.insightsmhballarat.org
https://www.facebook.com/insights.ballarat.1

Saturday 18th February, 11am onwards

Walk with dogs at the Lake

Meeting starts at Pipers by the Lake 11am

followed by a walk around the markets. All welcome

Thursday 23rd February, 7-9pm

Hybid meeting @ Wellways/Zoom
Theme: Music night. Please bring an
Instrument/sheet music or written songs

Zoom details below:
Meeting ID: 881 0463 3459
Passcode: Insights

Saturday 18th March, 11am onwards

Coffee catch-up at Pipers by the Lake,

followed by a walk around the lake with your dog

May be subject to change depending on day. All

welcome.

Thursday 23rd March, 7-9pm onwards

7-9pm @ Wellways/Zoom

Trivia night

Please bring any trivia games, riddles or questions for the evening.

Prizes for the event!

Zoom ID number:

881 0463 3459

Passcode: Insights

Saturday 15th April, 11am onwards

Coffee catch-up at Pipers by the Lake,

followed by a walk around the lake with your dog.

May be subject to change.

Thursday 27th April, 7-9pm

Hybrid meeting @ Wellways/Zoom

Our inaugural general meeting.

Preparation for incorporation.

Special guest speaker.

Please come!!

TBC (Subject to Change)

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