

# 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 & Humffray) or attend on ZOOM**

Thursday meetings:

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

(Tea, coffee and biscuits provided)

Meeting ID: 891 2853 3618 Passcode: n38EJR

We also hold meetings every 2nd Sunday of the month @ 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 at [insightsmhballarat@gmail.com](mailto:insightsmhballarat@gmail.com) or head to our website or

Facebook [www.insightsmhballarat.org](http://www.insightsmhballarat.org)  
<https://www.facebook.com/insights.ballarat.1>

## **Sunday 11th February 11am onwards**

Walk with dogs at the Lake

Meeting starts at Pipers by the Lake

followed by a walk around the markets. All welcome



## **Thursday 22nd February 7pm - 9pm**

Hybrid meeting @ Wellways/Zoom

Welcome back in the New Year 2024.

New Year's resolutions and goals for Insights

(Coffee, tea and biscuits provided)

[Zoom details below:](#)

<https://us05web.zoom.us/j/89128533618?pwd=gTIDIZEmhZ3PDlcSh6kbnOyZWilt5p.1>

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## **Sunday 10th 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. Pets, carer's, family and partner

may join with permission from the participant

## **Thursday 28th March, 7pm - 9pm onwards**

@ Wellways/Zoom

Show and Tell!

Interests, sentimental items, books etc

[Zoom details below:](#)

<https://us05web.zoom.us/j/89128533618?pwd=gTIDlZEmhZ3PDlcSh6kbnOyZWilt5p.1>

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## **Sunday 14th April, 11am onwards**

Coffee catch-up at Pipers by the Lake,

followed by a walk around the lake with your dog (optional).

May be subject to change. Please contact us for more information otherwise just show up!

## **Thursday 25th April, 7pm - 9pm**

Hybrid meeting @ Wellways/Zoom

Meet and greet! Getting to know each other, our goals, aspirations.

[Zoom Meeting details:](#)

<https://us05web.zoom.us/j/89128533618?pwd=gTIDlZEmhZ3PDlcSh6kbnOyZWilt5p.1>

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