

# 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 have hybrid meetings - either come in to Wellways (corner of Mair & Humffray) with your proof of immunisation or**

**meet us on Zoom -**

Thursday meeting:

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

Meeting ID: 881 0463 3459 Password: Insights

We will also be meeting every 2<sup>nd</sup> 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](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>

## **Saturday 14th May**

Walk with dogs at the Lake

Meeting starts at Pipers by the Lake 11am  
followed by a walk around the markets.



## **Thursday 26th May**

We are making a submission to the  
Federal Royal Commission on Violence,  
Abuse, Neglect and Exploitation

of People with a Disability 7-9pm  
Come face to face or call in on Zoom  
and join us for the discussion

Zoom Meeting ID: 881 0463 3459  
Passcode: Insights



## **Saturday 11<sup>th</sup> June**

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 day.





## Thursday 23<sup>rd</sup> June

7-9pm, Hobbies – Interests,  
Show and Tell.

Hybrid meeting

Zoom Meeting ID:

881 0463 3459

Passcode: Insights



## Saturday 9<sup>th</sup> July

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 28<sup>th</sup> July

Trivia Night Insights Whizz Quiz 7-9pm

Put your thinking caps on

Prizes to be won.

Hybrid meeting

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