

## NAOMI SMITH - 3 OCT

Mental Health Occupational Therapist  
B. FA / M. OT Prac

Naomi is passionate about helping people live their best lives, even when life gets tough. Her job is all about supporting people in finding ways to do the things they love and need to do.

This workshop examines healthy balances. Together we will investigate the balance between self-care and productivity, time management, how discovering and engaging in meaningful activities impacts mental, physical, spiritual and relational health.

## PAULA ANASTASI - 10 OCT

Social Worker  
B. HS / M. SW

As an experienced social worker, Paula is passionate about the serious role mental health can play in magnifying vulnerabilities.

Paula will share her knowledge around some common mental health conditions in Australia. She will equip the audience with resources to gain further knowledge, provide some helpful resources and ensure that they walk away from the presentation with some important strategies to support their own mental health.

## JULIE KELLY - 17 OCT

Chaplain  
Founder Underneath my Umbrella

Julie is a Chaplain and Founder of Underneath My Umbrella, a safe, unique and creative space for women impacted by or seeking freedom from family violence.

Hearts and minds work best together so Julie will discuss the benefits of creativity in expressing our emotions (hearts), alongside positive focus (minds) and the impact this combination can have on recovery.

## DAVID BREEN - 24 OCT

MHFA Instructor  
BAVT / MTS

As an experienced adult educator in chronic disease management, community services and Christian church ministry, David is a skilled Mental Health First Aid Instructor.

This workshop is an overview of Mental Health First Aid.

'How can I support and assist friends, family and neighbours who may be struggling with poor mental health?'

This session will wet your appetite for the full two day course and give you a few hints about how to support people with a mental health issue.



Whitehorse Churches Care is a non-profit organisation of 28 churches uniting to provide support to reduce social isolation, improve mental health, housing and welfare in the City of Whitehorse.

To find out more visit:  
[www.whitehorsecare.org.au](http://www.whitehorsecare.org.au)



# MENTAL HEALTH month

## 4 Workshops in October

Thursdays 7pm-8:30pm

3, 10, 17 & 24 October

at Forest Hill Chase  
Community Space



## HOW COMMON ARE MENTAL ILLNESSES?

It's Mental Health month at Forest Hill Chase Community Space and we are excited to offer four engaging and practical workshops.

These workshops are for individuals and professionals alike, aimed at providing information, skills and takeaways to help with mental health - our own and those around us.

Funded by Uniting Op Shop Forest Hill, we are able to offer workshops by experts at a fraction of the cost.

**Last year's workshops sold out quickly so be sure to register your spot today!**

### Cost:

\$25 per workshop

\$15 concession per workshop

Subsidised places available.

## FOUR WORKSHOPS:

**3 October** - Understanding Occupational Therapy in the Mental Health Space.

**10 October** - Social Work in the Mental Health Space.

**17 October** - Healthy Heart, Healthy Mind.

**24 October** - Mental Health First Aid



## MENTAL HEALTH CARE AND TREATMENT

Understand how mental health impacts all areas of society and learn tips from professionals to better manage health, relationships and exercise and also how to support others.

## BOOK NOW

Book for sessions via the QR Code or speak with a volunteer in the Forest Hill Community Space.



### Sessions

Thursdays 7-8:30pm

3, 10, 17 & 24 October 2024

at

Forest Hill Chase Community Space

Level 2, Opp Australia Post

Canterbury Road

Forest Hill Vic 3131