

# Healthy Mind Hub

## Activity group calendar



**Merri Health**  
Healthcare that moves with you

This calendar will run from Monday 11 April to Friday 1 July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>10am - 12pm</b> <b>Good Food</b> Where: The Exchange House</p>	<p><b>10am - 11.30am</b> <b>Coffee &amp; Chat</b> Where: Offsite*</p>	<p><b>10am - 1pm</b> <b>Art Explorers</b> Where: Offsite*</p>	<p><b>10am - 12pm</b> <b>Good Food</b> Where: The Exchange House</p>	<p><b>10am - 11.30pm</b> <b>Singing Group</b> Where: The Exchange House</p>
<p><b>10am - 1pm</b> <b>Social Lunch</b> Where: Offsite*</p>	<p><b>10am - 12pm</b> <b>Good Food</b> Where: The Exchange House</p>	<p><b>10am - 1pm</b> <b>Merri Makers</b> Where: The Exchange House</p>	<p><b>11am - 3pm</b> <b>Social Wellbeing</b> Where: Offsite*</p>	<p><b>11am - 1pm</b> <b>WEL</b> Where: Reception (Large Counselling Room)</p>
<p><b>10am - 1.05pm</b> <b>Art</b> Gp 1: 1:35pm-3:05pm Gp 2: 3:10pm-4:40pm Where: The Exchange Art Studio</p>	<p><b>10am - 1.05pm</b> <b>Art</b> Gp 1: 10-11.30am, Gp 2: 11.35-1.05pm Where: The Exchange Art Studio</p>	<p><b>1.30pm - 4.30pm</b> <b>Merri Makers</b> Where: The Exchange House</p>	<p><b>1pm - 4.05pm</b> <b>Art</b> Gp 1: 1pm-2:30pm Gp 2: 2:35pm-4:05pm Where: The Exchange Art Studio</p>	<p><b>12pm - 2pm</b> <b>Community Lunch</b> Where: The Exchange House*</p>
<p><b>12:30pm - 2:30pm</b> <b>Water Wellness</b> Where: Coburg Leisure Centre*</p>	<p><b>12pm - 2pm</b> <b>Good Food Group</b> Where: The Exchange House</p>	<p><b>1.30pm - 3.30pm</b> <b>Outing</b> <b>General</b> Where: Offsite*</p>	<p><b>1pm - 2pm</b> <b>Crispfit</b> Where: Brunswick Baths</p>	<p><b>1pm - 4pm</b> <b>Art</b> Where: The Exchange Art Studio</p>
<p><b>1.30pm - 3.30pm</b> <b>Men's Group</b> Where: Offsite*</p>	<p><b>12pm - 4pm</b> <b>Outing</b> Where: Offsite*</p>	<p><b>5pm - 7pm</b> <b>Dining Out</b> Where: Offsite - various restaurants* Last Wednesday of the month</p>	<p><b>2.30pm - 4.30pm</b> <b>Good Food</b> Where: The Exchange House</p>	<p><b>2pm - 3pm</b> <b>Coffee &amp; Chat</b> Where: Offsite*</p>
<p><b>1:35pm - 4.40pm</b> <b>Art</b> Gp 1: 1:35pm-3:05pm Gp 2: 3:10pm-4:40pm Where: The Exchange Art Studio</p>	<p><b>1.35pm - 4.40pm</b> <b>Art</b> Gp 1: 1:35pm-3:05pm Gp 2: 3:10pm-4:40pm Where: The Exchange Art Studio</p>			
<p><b>3pm - 4pm</b> <b>Active Hearts</b> Where: Coburg Leisure Centre</p>				



**\*Clients will need to contribute funds to participate**

If you would prefer to have this calendar sent to you electronically or in a bigger font size, email [Intake.CMH@merrihealth.org.au](mailto:Intake.CMH@merrihealth.org.au).



# About the activities



**Merri Health**  
Healthcare that moves with you

## MONDAY

### Good Food

Prepare a meal and eat together. Learn skills around nutrition, budgeting, menu planning and food safety.

### Social Lunch

Providing a group social outing to various locations.

### Art

Learn and develop your skills in painting, drawing, claywork and expand your artist portfolio.

### Water Wellness

Experience how moving in water can be beneficial to your health  
Learn basic strength exercises  
Relax in the spa or sauna  
Socialise over a cuppa in the leisure centre café  
Cost: Concession entry \$5.20  
Location: Coburg Leisure Centre

### Men's Group

Social support group discussing men's issues.

### Active Hearts

Active Hearts is a gentle physical activity program for anyone who hasn't done any exercise in a while or has an ongoing health issue.

## What is the Healthy Mind Hub Activity Group Program?

The program provides a safe and supportive environment for people experiencing mental health issues to come together, learn new skills and support each other by taking part in activities.

Eligibility (new referrals): participants experiencing mental health issues with a current NDIS package and who are aged 18 and over.

For information and referral, call 1300 637 744 or email [intake.cmh@merrihealth.org.au](mailto:intake.cmh@merrihealth.org.au)

## TUESDAY

### Coffee & Chat

An opportunity for participants to socialise and develop connections.

### Good Food

Prepare a meal and eat together. Learn skills around nutrition, budgeting, menu planning and food safety.

### Art

Learn and develop your skills in painting, drawing, claywork and expand your artist portfolio.

### Outing

Providing a group social outing to various locations.

## The Exchange House

The Exchange House/Art Studio is located at 21 Victoria Street, Coburg. Due to COVID-safe protocols, there is no drop in. Participants are only to be on-site for the time of the groups they are attending.

## WEDNESDAY

### Art Explorers

This art group offers an exploration of a variety of visual art methods with opportunities for outdoor art making as well as visiting art galleries and other inspiring places.

### Merri Makers

This group offers creative opportunities to engage in a range of craft and sewing activities.

### Outing

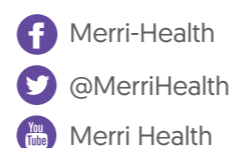
Providing a group social outing to various locations.

### Dining Out

Dining out provides a low-cost meal with a social atmosphere and a chance to explore some of Melbourne's wonderful restaurants. Bookings are essential.



## Connect with us



1300 637 744 (MERRI H)  
21 Victoria Street, Coburg  
[www.merrihealth.org.au](http://www.merrihealth.org.au)

## THURSDAY

### Good Food

Prepare a meal and eat together. Learn skills around nutrition, budgeting, menu planning and food safety.

### Social Wellbeing

This group offers you a range of activities to support your wellbeing. Activities will alternate between:  
> Movie Club  
> Massage/Pamper  
> Explore Melbourne  
> Lunch and shop

### Art

Learn and develop your skills in painting, drawing, claywork and expand your artist portfolio.

### Crispfit

This is a group fitness program led by a qualified fitness instructor.



## FRIDAY

### Singing Group

An informal music group for participants to sing their favourite songs. No musical knowledge or ability required.

### Art

Learn and develop your skills in painting, drawing, claywork and expand your artist portfolio.

### WEL

WEL (Women Experience Life) is a support group for women experiencing mental health issues.

### Community lunch

Community lunch is about meeting to share a nutritious and healthy meal for \$3. Participants decide what's on the menu each week.

### Coffee & chat

An opportunity for participants to socialise and develop connections.

## Call us

The Healthy Mind Hub will now be offering 1:1 Independent living skills. If interested, please contact reception for further information.

If you have any questions or want to know more about any groups, please contact us on 1300 637 744.

