

Healthy Mind Hub

Activity group calendar



Merri Health
Healthcare that moves with you

This calendar will run from Monday 12 July to Friday 1 October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10am - 12pm Good Food Where: The Exchange House</p>	<p>10am - 11.30am Coffee & Chat Where: Offsite*</p>	<p>9.30am - 11am Walking Group Where: Offsite*</p>	<p>10am - 12pm Good Food Where: The Exchange Art Studio</p>	<p>10am - 11.30pm Singing Group Where: The Exchange House</p>
<p>10am - 1pm Social Lunch Where: Offsite*</p>	<p>10am - 12pm Good Food Where: The Exchange Art Studio</p>	<p>10am - 1pm Mind2Make Where: The Exchange Art Studio</p>	<p>12pm - 4pm Social Wellbeing Where: Offsite*</p>	<p>10am - 1pm Art Where: The Exchange Art Studio</p>
<p>10am - 1.05pm Art Gp 1: 10-11.30am, Gp 2: 11.35-1.05pm Where: The Exchange Art Studio</p>	<p>10am - 1.05pm Art Gp 1: 10-11.30am, Gp 2: 11.35-1.05pm Where: The Exchange Art Studio</p>	<p>11:30am - 1:30pm Cooking for One Where: The Exchange House</p>	<p>1pm - 2.30pm Mindful Yoga (Strength & Flexibility) Where: Ergo Yoga Space:1 Benson St, Coburg (near Sydney Rd #31 tram stop)</p>	<p>11am - 12.30pm GEL Where: Reception (Large Counselling Room)</p>
<p>12.30pm - 2.30pm Good Food Where: The Exchange House</p>	<p>12pm - 2pm Social Outing Where: Offsite*</p>	<p>1.30pm - 4.30pm Mind2Make Where: The Exchange Art Studio</p>	<p>1pm - 4.05pm Art Gp 1: 1pm-2:30pm Gp 2: 2:35pm-4:05pm Where: The Exchange House Art Studio</p>	<p>12pm - 2pm Community Lunch Where: The Exchange House*</p>
<p>1pm - 4.05pm Art Gp 1: 1pm-2:30pm Gp 2: 2:35pm-4:05pm Where: The Exchange House Art Studio</p>	<p>12.30pm - 2.30pm Good Food Group Where: The Exchange House</p>	<p>1.30pm - 3.30pm Social Outing General Where: Offsite*</p>	<p>2pm - 3pm Crispfit Where: Brunswick Baths</p>	<p>1.30pm - 4.30pm Art Where: The Exchange Art Studio</p>
<p>1.30pm - 3.30pm Men's Group Where: Offsite*</p>	<p>1pm - 2.30pm Mindful Wellbeing Where: Ergo Yoga Space:1 Benson St, Coburg (near Sydney Rd #31 tram stop)</p>	<p>2pm - 4pm Cooking for One Where: The Exchange House</p>	<p>3pm - 4.30pm Mindful Yoga Where: Ergo Yoga Space:1 Benson St, Coburg (near Sydney Rd #31 tram stop)</p>	<p>2.30pm - 3.30pm Coffee & Chat Where: Offsite*</p>
<p>3pm - 4pm Active Hearts Where: Coburg Leisure Centre</p>	<p>1.35pm - 4.40pm Art Where: The Exchange Art Studio Gp 1: 1.35pm-3.05pm, Gp 2: 3.10pm-4.40pm</p>	<p>5pm - 7pm Dining Out Where: Offsite - various restaurants* Last Wednesday of the month</p>	<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 Healthymindhub.team@merrihealth.org.au</p>	
	<p>2.30pm - 4pm Coffee & Chat Where: Offsite*</p>			
	<p>3pm - 4.30pm Mindful Yoga Where: Ergo Yoga Space:1 Benson St, Coburg (near Sydney Rd #31 tram stop)</p>			
	<p>3pm - 5pm Good Food Group Where: The Exchange House</p>			



About the activities



Merri Health

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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.

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.

Northern Pride

Offering a social support group for participants who identify as LGBTIQ+. This group aims to build social and community connections, through shared meals and community activities. Please contact reception for further information.

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.

Social Outing

Providing a group social outing to various locations.

Mindful Wellbeing

An ongoing weekly group learning mindfulness and mindful meditation for stress-management, and to improve physical and emotional wellbeing.

Mindful Yoga

Gentle yoga poses for rest and relaxation. Balance the nervous system to regulate mood and support optimal physical and mental health and recovery.

WEDNESDAY

Walking Group

Walking along the local green areas in Moreland.

Mind2Make

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

Cooking for One

Preparing meals for one or two can be easy and enjoyable by planning ahead and making meals simple.

Learn:

- >> Skills of how to shop and cook for one or two people
- >> To prepare healthy meals that taste great
- >> Budgeting and Meal Planning

Social 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.

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
- >> Brunswick Baths
- >> Lunch and shop

Mindful Yoga (Strength & Flexibility)

Mindful Yoga with an added emphasis on developing and maintaining strength and flexibility for physical and mental health. Suitable for clients who can get themselves safely onto floor and up again. Practices can be adapted for most levels of fitness and flexibility. A GP clearance to begin any form of new exercise is recommended).

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.

Mindful Yoga

Gentle yoga poses for rest and relaxation. Balance the nervous system to regulate mood and support optimal physical and mental health and recovery.

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.

GEL

GEL (Girls Experience Life) is a support group for mums 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.

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.

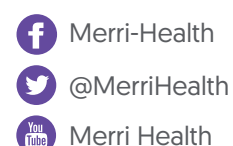
Eligibility (new referrals): participants experiencing mental health issues with a current NDIS package and who are aged 18 and over.

For information and referral, call 1300 637 744.

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.

Connect with us



1300 637 744 (MERRI H)
21 Victoria Street, Coburg
www.merrihealth.org.au



Building connections, boosting mental health