

# Mental Health Week

## 7-13 October 2007

The national theme for MHW is **Relationships in the Community ...**  
 The theme for MHW in the NT is **"Many Minds, One Community"** -  
 which acknowledges our individual uniqueness yet reminds us that we all live  
 in relationship with others in our community. Though we are all different,  
 through showing respect and care in our relationships we can develop  
 and nurture harmony in our community. Showing kindness, compassion  
 and understanding is also central to our own mental wellbeing. It is these  
 qualities that help us to reach out, build connections and strengthen  
 healthy relationships - which we all need to flourish in our lives.

## 2007 mental health week highlights

**Family Fun Run**  
**@ the Telegraph Station**  
**Sunday 7 Oct. 7.45am**

**"Dinner with Mike Munro"**  
**@ AS Convention Centre**  
**Wed. 10 Oct. 6.30-9.30pm**

Mike recounts his journey from a childhood of poverty, degradation and abuse to acclaim and popularity in an autobiography released in 2003. His speech contains humour, family values in the face of adversity, personal growth and commitment to success \$50 (\$30 conc.) RSVP by 3 October.

**Book early to avoid missing out!**  
 Tables of 8 avail. - see left for details.

**"Hearing & Working with  
Voices Workshop"**  
**Mon. 8 Oct. 9.00am-4.00pm**

Acclaimed Australian & New Zealand mental health consultant, Arana Pearson, presents a stimulating workshop on what it's like to live with 'hearing voices,' and strategies for working and caring for people who hear them. For consumers, carers, practitioners & interested others. See table for details.

**"Recovery Planning"**  
**Tues. 9 Oct. 9.00am-4.00pm**

Arana Pearson presents another invaluable workshop - on Recovery. Topics include: empowerment & responsibility, developing a Wellness Recovery Action Plan; building self-esteem and self-confidence. For consumers, carers, practitioners & interested others. See table for details.

**Free Tai Chi, Gym Class  
and Meditation sessions**  
**See table for details**

Come and do good things for  
your mental health!

Day	Time	Alice Springs Activities ...	Venue
SUN. 7 Oct	7.45am - 9.00am	<b>Annual Family Fun Run</b> Major prize - \$1000 Jetset travel voucher	Telegraph Station - great prizes to be won!
ALL WEEK	9.00am- 5.00pm  10.00am	<b>MHACA Women's Group Photo Exhibition -</b> "Journey to Wellness"	Mon-Thurs @ Alice Springs Library Fri. @ Stall in the Mall
MON. 8 Oct	9.00am- 4.00pm \$50 / \$20 conc.	<b>Hearing &amp; Working With Voices - Arana Pearson</b> - for consumers, carers, practitioners & interested others	@ Andy McNeill Room, Alice Springs Town Council
TUES. 9 Oct	9.00am- 4.00pm \$50 / \$20 conc.	<b>Recovery Planning (incl. WRAP) with Arana Pearson</b> - for consumers, carers, practitioners & interested others	@ Andy McNeill Room, Alice Springs Town Council
WED. 10 Oct	8.00-9.00am  9.30am - 1.30pm  11.00am  6.30-9.30pm \$50 / \$30 conc.	<b>Free Tai Chi in the Park</b> with Denyse Edney - great way to start your day  <b>Mental Health Carers Information Stall</b>  <b>Free Fat Burner Circuit class</b>	@ Flynn Church lawns in the mall  @Yeperenye Centre  @ Get Physical  @ Convention Centre Tables of 8 available. RSVP by 3 October
THURS. 11 Oct	9.30am - 1.30pm  12.30- 1.30pm	<b>Mental Health Carers Information Stall</b>  <b>Free 1-hour Meditation</b> with Sharon Follett - take the stress away	@Yeperenye Centre  @ Andy McNeill Room, AS Council
FRI. 12 Oct	10.00am - 2.00pm	<b>Mental Health Stall in the Mall</b> - free Sausage Sizzle @ lunchtime	@ Flynn Church lawns in the mall



Sponsored by the Mental Health Association of Central Australia  
**For more information & to book in for activities contact  
 MHACA Training & Promotions Officer, Rita Riedel on  
 (08) 8950 4613 or email rita.riedel@mhaca.org.au**

**come join in - your mental health matters**