



you're INVITED

To *Take Time out for Creativity and Wellness* and enjoy a casual, interactive afternoon out in New Farm, celebrating and acknowledging Queensland Mental Health Week 2020.



Activities will include

- Art therapy session
- Occupational therapist sensory session
- Live music
- BBQ lunch and afternoon tea
- Giveaways

This informal and COVID-safe event has been designed to allow you to participate in all or as many activities as you wish. Alternatively, you are welcome to attend and simply enjoy the facilities of the New Farm Neighbourhood Centre and connect with your peers in a relaxed setting.

When

Friday 16 October 2020, 1:00 to 4:00pm

Lunch and afternoon tea included

Transport to and from the venue is provided

Where

New Farm Neighbourhood Centre,
967 Brunswick Street, New Farm

RSVP

Contact Amy to RSVP - If dietary requirements or transport needed please notify before end of the day Wednesday, 14 October - **0488 468 272** or tenancysustainment@communitify.org.au



During Queensland Mental Health week, people across Queensland come together through events, conversations and activities to raise awareness of the importance of positive mental health and wellbeing.