

## MENTAL HEALTH AND WELLBEING TEAM

is proud to be involved in the following events around  
Mental Health Month 2017

**FRI 1<sup>ST</sup> – SAT 2<sup>ND</sup> SEPTEMBER**

Supporting North Shore Temple Emanuel  
Suicide awareness campaign

**FRIDAY 8<sup>TH</sup> SEPTEMBER**

Pre Rosh Hashanah celebration

**SUNDAY 10<sup>TH</sup> SEPTEMBER**

Launch JewishCare suicide prevention  
strategy

**THURSDAY 28<sup>TH</sup> SEPTEMBER**

JCA 10x10 Suicide Prevention  
presentation

**TUESDAY 10<sup>TH</sup> OCTOBER**

World Mental Health Day

**SUNDAY 15<sup>TH</sup> OCTOBER**

Wellness Walk for mental health  
Register at [www.wellnesswalk.org.au](http://www.wellnesswalk.org.au)  
Team: JCare

**WEDNESDAY 18<sup>TH</sup> OCTOBER**

Art exhibition at JewishCare

**FRIDAY 20<sup>TH</sup> OCTOBER**

Screening of Award winning movie  
'Gratus' by Barbara Pashut  
followed by a beautiful Shabbat dinner  
for family and friends

**THURSDAY 26<sup>TH</sup> OCTOBER**

ACO concert at Emanuel Synagogue –  
supporting JewishCare

**FRIDAY 27<sup>TH</sup> OCTOBER**

4 hours suicide prevention training

**FRIDAY 27<sup>TH</sup> OCTOBER**

Shabbat Project

**FRI 3<sup>RD</sup> & FRI 10<sup>TH</sup> NOVEMBER**

Mental Health First Aid training

**FRIDAY 17<sup>TH</sup> NOVEMBER**

Annual Thread Together MakeOver day

**For details about these events contact Claire Gil-Munoz**  
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