

## **MENTAL HEALTH AND WELLBEING TEAM** is proud to be involved in the following events around **Mental Health Month 2018**

- WEDNESDAY 10<sup>TH</sup> OCT** World Mental Health Day  
Morning tea at JewishCare
- FRIDAY 19<sup>TH</sup> & 26<sup>TH</sup> OCT** Older Persons Mental Health First Aid Training  
(2 day)  
registrations: familyandfriends@jewishcare.com.au
- SUNDAY 21<sup>ST</sup> OCT** Wellness Walk for Mental Health  
Register at [www.wellnesswalk.org.au](http://www.wellnesswalk.org.au)  
Team: JCare
- FRIDAY 26<sup>TH</sup> OCT** Shabbat Project / Carer's Shabbat  
registrations: familyandfriends@jewishcare.com.au
- WEDNESDAY 31<sup>ST</sup> OCT** Art Exhibition Launch 5pm to 7pm at JewishCare
- WEDNESDAY 7<sup>TH</sup> NOV** Suicide Prevention training for the Council of  
Orthodox Rabbis
- FRIDAY 9<sup>TH</sup> NOV** Suicide Prevention Training (4 hour)  
registrations: familyandfriends@jewishcare.com.au
- FRIDAY 16<sup>TH</sup> NOV** Annual Thread Together Makeover  
supported by Deloitte Impact Day
- FRIDAY 23<sup>RD</sup> NOV** Eastern Suburbs NDIS/Mental Health Interagency  
RSVP [c.gil-munoz@jewishcare.com.au](mailto:c.gil-munoz@jewishcare.com.au)
- FRIDAY 30<sup>TH</sup> NOV** Shiru Shir Choir debut at Chanukah celebration
- DATE TO BE ADVISED** YOUTH MENTAL HEALTH FIRST AID  
for Jewish Youth Leaders

**For details about these events email [familyandfriends@jewishcare.com.au](mailto:familyandfriends@jewishcare.com.au)  
or [c.gil-munoz@jewishcare.com.au](mailto:c.gil-munoz@jewishcare.com.au)**