

## Activity overview

**Listen to Your Art ...** Get creative in a fun, safe and friendly environment. Our art group will help you to deliver creative thinking skills, explore emotions and ideas through art and craft while building your confidence and overcoming the limitations of language.

**Happy Feet ...** This fun, safe and non-judgmental group will help you get active and explore healthy lifestyles. Walking in a group helps you stay motivated, meet new friends and connects you to your local community.

**Life .. The Fine Print ...** Become more independent and resilient in this practical life skills group. You will learn where and how to access vital community resources and pick up hints and tips for managing the demands of daily life.

**Let's Get Moving ...** Designed for all skill levels, this group will get your body moving through a range of fun activities, including dance and yoga. You'll also learn about healthy living and stress reduction techniques.

**Coffee Break ...** This informal discussion group allows you to check in with your peers and explore how to manage difficult emotions and topics. This peer supported setting will empower you to resolve points of crisis and develop the tools to support your recovery.

**Let's Talk ....** This facilitated group session provides a safe and supportive environment to share experiences and build hope. Guest speakers from the community will be available to address the group on special interest areas as requested.

## Mental Health Hub principles

- we accept referrals from all sources (including self-referrals)
- we partner with community organisations to ensure services are leveraged, not duplicated
- we offer services that are flexible, responsive and inclusive
- our programs and services are developed with input from those with lived experience
- our programs and services are tailored to the needs of the individual.

## Our location



The Mental Health Hub is based at selectability House, 59a Cambridge St, Vincent.

### Want more information?

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**selectability**

# Mental Health Hub (Townsville)



## Program overview



## Mental Health Hub FAQs

### Who can access the Mental Health Hub?

The Hub is open to anyone experiencing mental illness.

We have an open door policy, providing a safe and welcoming space for self-help, advocacy and socialisation.

Because everyone's journey is different, you can access the program for as long as you need to.

### How have the programs been developed?

Our recovery-oriented programs have been developed drawing on the valuable knowledge of those with lived experience of mental illness.

### Who will run the programs?

The programs and activities will be facilitated by a team of mental health professionals, life coaches and peer workers.

We have also partnered with key organisations in the Townsville community to deliver workshops on a range of topics.

### How do I get a referral to the Hub?

We accept referrals from all sources; including self-referrals.

Once you have made contact with the Hub, our care navigator will meet with you to discuss your needs and work out a plan.

# Townsville's weekly program

Effective 20 January 2020

*Sessions are designed for all skill levels and there is no cost to attend.*

	Morning 9.30 – 11.30	Afternoon 1.30 – 3.30	Evening 5.30 – 7.30	Other
Monday	Listen to Your Art			
Tuesday			Coffee Break	
Wednesday	Happy Feet (9-10am)	Coffee Break		
Thursday	Life...The Fine Print		Let's Talk	
Friday	Let's Get Moving			
Saturday				
Sunday				Social Sunday*

## Our monthly community event ...

\***Social Sundays** will be held on the first Sunday of each month. This is a great opportunity for you to come meet new people, make conversations and have fun in a friendly environment.

Different activities will be scheduled each month. Refreshments will be provided at the event.

## Coming to the Mental Health Hub in March ....

**Rhythm 2 Recovery** is a fun and engaging rhythmic musical activity that supports social and emotional development.

You don't need any musical skills to attend, just a willingness to participate and have fun. The activities will be performed in a non-judgmental environment, where you can freely relax and enjoy making music and growing from this experience.