



Campbelltown Group Calendar - February 2025



Monday	Tuesday	Wednesday	Thursday	Friday
03 Men's Shop Talk & Coffee - 12:30pm Meet at Campbelltown Office	04 Coffee Group - 11am Meet at Campbelltown Office Soul Space- 1pm Meet at Campbelltown Office	05 Meditation - 10:30am Meet at the Cambelltown Office	06 Reflection Corner - 10am Mac Fields Salvation Army Inclusive Rainbow Community - 1:30pm Meet at Campbelltown Office	07
10 Men's Shop Talk & Coffee - 12:30pm Meet at Campbelltown Office	11 Soul Space- 1pm Meet at Campbelltown Office	12 Meditation - 10:30am Meet at the Cambelltown Office	13 Reflection Corner - 10am Mac Fields Salvation Army Art Expressions - 1:30pm Meet at Harmony House	14 City Walking - 10:30am Meet at Campbelltown Office
17 Men's Shop Talk & Coffee - 12:30pm Meet at Campbelltown Office	18 Coffee Group - 11am Meet at Campbelltown Office Soul Space- 1pm Meet at Campbelltown Office	19 Meditation - 10:30am Meet at the Cambelltown Office	20 Reflection Corner - 10am Mac Fields Salvation Army Inclusive Rainbow Community - 1:30pm Meet at Campbelltown Office	21
24 Men's Shop Talk & Coffee - 12:30pm Meet at Campbelltown Office	25 Soul Space- 1pm Meet at Campbelltown Office	26 Meditation - 10:30am Meet at the Cambelltown Office	27 Reflection Corner - 10am Mac Fields Salvation Army Art Expressions - 1:30pm Meet at Harmony House	28 City Walking - 10:30am Meet at Campbelltown Office
03	04	05	06	07

SWS One Door Offices

Campbelltown Office

Level 3, 171-179 Queen St
Campbelltown NSW 2560

Bowral Office

30 Wingecarribee St
Bowral NSW 2576
(above Kookabar)

Delivered in partnership



Where mental wellbeing thrives



SWS PHN Mental Health
Central Intake line
1300 797 746 (1300 SWS PHN)



Wollondilly - Southern Highlands Group Calendar - February 2025



Monday	Tuesday	Wednesday	Thursday	Friday
03	04 Brunch and Coffee - 10am-12pm Meet at Picton Memorial Park Soul Space- 12:30 -2:30pm Meet at Wollondilly Library, Picton	05 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	06	07
10	11 Brunch and Coffee - 10am-12pm Meet at Picton Memorial Park	12 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	13	14
17	18 Brunch and Coffee - 10am-12pm Meet at Picton Memorial Park Soul Space- 12:30 -2:30pm Meet at Wollondilly Library, Picton	19 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	20	21
24	25 Brunch and Coffee - 10am-12pm Meet at Picton Memorial Park	26 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	27	28
03	04	05	06	07

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Connector Hub Groups 2025

MEN'S SHOP TALK & COFFEE



A group for men to have a casual chat about life in general and discover what might be needed for more positive life outcomes!!!

MEDITATION



"Consumers' 1-hour practice of mindfulness meditation, sitting together as a way to strengthen self-compassion and inner-peace. Join us to find your bliss with a relaxing meditation to calm the body and mind".

SOUL SPACE



Do you have something you started but haven't had the time to complete it? Great, now you have an opportunity to bring the special project along and chat

COFFEE GROUPS



We have coffee groups at Campbelltown, Bowral and Tahmoor where we go to local café and have a coffee and sit and chat casually about everyday things.

MENGAGEMENT



Giving men a platform for discussing issues important to them over Zoom. This is to increase the return on our self-improvement commitment.

SPARK



SPARK is a creative activity based, solution and strength focused group to understand and learn skills to manage emotions and stress.

REFLECTION CORNER



A group that focuses on connection and wellness through activities and conversation. Come and all are welcome each Thursday at Mac Fields Salvos.

ART EXPRESSION



A group that focuses on creativity and expression. No experience needed! Come and explore your creativity with different art activities each fortnight.

INCLUSIVE RAINBOW COMMUNITY



A group that promotes connection, inclusion and pride. Come and make connections with others in the LGBTQIA+SB community every fortnight over zoom.

WALKING GROUP



A fortnightly walking group open to anyone who wants to take photos, unwind, get some exercise or just a good chat.

To learn more about these groups, please contact your CPS Access Worker or Connector Hub SWS Facebook page.