



Campbelltown Group Calendar - October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>SPARK - 11:30am Meet at Campbelltown Office</p> <p>Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>01</p> <p>Coffee Group - 11am Meet at Campbelltown Office</p> <p>Soul Space- 1pm Meet at Campbelltown Office</p>	<p>02</p> <p>Meditation - 10:30am Meet at the Campbelltown Office</p>	<p>03</p> <p>Reflection Corner - 10am Mac Fields Salvation Army</p> <p>Inclusive Rainbow Community - 1:30pm Meet at Campbelltown Office</p>	<p>04</p> <p>City Walking - 10:30am Meet at Campbelltown Office</p>
<p>07</p> <p>Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>08</p> <p>Soul Space- 1pm Meet at Campbelltown Office</p>	<p>09</p> <p>Meditation - 1:30pm Meet at the Campbelltown Office</p>	<p>10</p> <p>Reflection Corner - 10am Mac Fields Salvation Army</p> <p>Art Expressions - 1:30pm Meet at Harmony House</p>	<p>11</p>
<p>14</p> <p>SPARK - 11:30am Meet at Campbelltown Office</p> <p>Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>15</p> <p>Coffee Group - 11am Meet at Campbelltown Office</p> <p>Soul Space- 1pm Meet at Campbelltown Office</p>	<p>16</p> <p>Meditation - 10:30am Meet at the Campbelltown Office</p> <p>**MH month** Journal assemble 1pm-3pm @Campbelltown office</p>	<p>17</p> <p>Reflection Corner - 10am Mac Fields Salvation Army</p> <p>Inclusive Rainbow Community - 1:30pm Meet at Campbelltown Office</p>	<p>18</p> <p>City Walking - 10:30am Meet at Campbelltown Office</p>
<p>21</p> <p>Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>22</p> <p>Soul Space- 1pm Meet at Campbelltown Office</p>	<p>23</p> <p>**MH month** Pocket and ephemera 1pm-3pm @Campbelltown office Meditation - 1:30pm Meet at the Campbelltown Office</p>	<p>24</p> <p>Reflection Corner - 10am Mac Fields Salvation Army</p> <p>Art Expressions - 1:30pm Meet at Harmony House</p>	<p>25</p>
<p>28</p> <p>SPARK - 11:30am Meet at Campbelltown Office</p> <p>Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>29</p> <p>Coffee Group - 11am Meet at Campbelltown Office</p> <p>Soul Space- 1pm Meet at Campbelltown Office</p>	<p>30</p> <p>Meditation - 10:30am Meet at the Campbelltown Office</p> <p>**MH month** Wrap up 1pm-3pm @Campbelltown office</p>	<p>31</p> <p>Reflection Corner - 10am Mac Fields Salvation Army</p> <p>Inclusive Rainbow Community - 1:30pm Meet at Campbelltown train station at 9:30am</p>	<p>01</p>

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



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



Wollondilly - Southern Highlands Group Calendar - October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
30	01 Brunch and Coffee - 10am-12pm Meet at Picton Memorial Park Soul Space- 12:30 -2:30pm Meet at Wollondilly Library, Picton	02 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	03 Reflection Corner - 10am Mac Fields Salvation Army Inclusive Rainbow Community - 1:30pm Meet at Campbelltown Office	04 City Walking - 10:30am Meet at Campbelltown Office
07	08 Brunch and Coffee - 10am-12pm Meet at Picton Memorial Park	09 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	10 Reflection Corner - 10am Mac Fields Salvation Army Art Expressions - 1:30pm Meet at Harmony House	11
14	15 Brunch and Coffee - 11am-12pm Meet at Picton Memorial Park Soul Space- 12:30 -2:30pm Meet at Wollondilly Library, Picton	16 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	17 Reflection Corner - 10am Mac Fields Salvation Army Inclusive Rainbow Community - 1:30pm Meet at Campbelltown Office	18 City Walking - 10:30am Meet at Campbelltown Office
21	22 Brunch and Coffee - 11am-12pm Meet at Picton Memorial Park	23 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	24 Reflection Corner - 10am Mac Fields Salvation Army Art Expressions - 1:30pm Meet at Harmony House	25
28	29 Brunch and Coffee - 11am-12pm Meet at Picton Memorial Park Soul Space- 12:30 -2:30pm Meet at Wollondilly Library, Picton	30 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	31 Reflection Corner - 10am Mac Fields Salvation Army Inclusive Rainbow Community - 1:30pm Meet at Campbelltown Office	01

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Connector Hub Groups

2024

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!!!

MENTAL HEALTH MONTH

Week 1: Discuss junk journals, their benefits, and assemble your journal while exploring recovery.
Week 2: Learn to enhance your journal with pockets, bookmarks, and tags, and manage anxiety through creative exercises.
Week 3: Add final touches like stickers and drawings, and discuss the value of reflection and self-care in this session we will look care.

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.