



Campbelltown

Group Calendar - September 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>02 Out and About - 10am We are heading to Featherdale Wildlife Park Please speak to you Access Worker SPARK - 11:30am Meet at Campbelltown Office Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>03 Coffee Group - 11am Meet at Campbelltown Office Soul Space- 1pm Meet at Campbelltown Office</p>	<p>04 Meditation - 1:30pm Meet at the Cambelltown Office</p>	<p>05 Reflection Corner - 10am Mac Fields Salvation Army Inclusive Rainbow Community - 1:30pm Meet at Campbelltown Office</p>	<p>06 City Walking - 10:30am Meet at Campbelltown Office</p>
<p>09 Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>10 Soul Space- 1pm Meet at Campbelltown Office</p>	<p>11 Meditation - 10:30am Meet at the Cambelltown Office</p>	<p>12 Reflection Corner - 10am Mac Fields Salvation Army Art Expressions - 1:30pm Meet at Harmony House</p>	<p>13</p>
<p>16 SPARK - 11:30am Meet at Campbelltown Office Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>17 Coffee Group - 11am Meet at Campbelltown Office Soul Space- 1pm Meet at Campbelltown Office</p>	<p>18 Mental Health Info Sessions - 10:30am - 12:30pm This month's topic is "What is Schizophrenia hearing Voice". Meet at the Campbelltown office Meditation - 1:30pm Meet at the Cambelltown Office</p>	<p>19 Reflection Corner - 10am Mac Fields Salvation Army Inclusive Rainbow Community - 1:30pm Meet at Campbelltown Office</p>	<p>20 City Walking - 10:30am Meet at Campbelltown Office</p>
<p>23 Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>24 Soul Space- 1pm Meet at Campbelltown Office</p>	<p>25 Meditation - 10:30am Meet at the Cambelltown Office</p>	<p>26 Reflection Corner - 10am Mac Fields Salvation Army Art Expressions - 1:30pm Meet at Harmony House</p>	<p>27</p>
<p>30 SPARK - 11:30am Meet at Campbelltown Office Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>01</p>	<p>02</p>	<p>03</p>	<p>04</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



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



Wollondilly - Southern Highlands Group Calendar - September 2024



Monday	Tuesday	Wednesday	Thursday	Friday
02	03 Brunch and Coffee - 10am-12pm Meet at Picton Memorial Park Soul Space- 12:30 -2:30pm Meet at Wollondilly Library, Picton	04 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	05	06
09	10 Brunch and Coffee - 10am-12pm Meet at Picton Memorial Park	11 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	12	13
16	17 Brunch and Coffee - 11am-12pm Meet at Picton Memorial Park Soul Space- 12:30 -2:30pm Meet at Wollondilly Library, Picton	18 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	19	20
23	24 Brunch and Coffee - 11am-12pm Meet at Picton Memorial Park	25 Highland Coffee 10am - 11am For more information, please speak with your Access Worker	26	27
30	01	02	03	04

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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 INFORMATION SESSIONS



Each month we will be conducting Information Sessions on various mental health disorders.

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.