



SEE MENTAL HEALTH DIFFERENTLY

# COMMUNITY RESILIENCE FLEURIEU



## August – September 2020

For registration, please phone Erica Gurner: 0419 273 404  
For general enquiries, call SkyLight: 8378 4100

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# COMMUNITY RESILIENCE FLEURIEU JULY 2020 PROGRAM

## **Tinker Space: Fix it, Make it, Chat**

**Mondays  
10:00am - 12:30pm**

Got something that needs repairing? Tinkering with a craft project or want some handy-person skills? The Tinker Space is for anyone who would like to learn or share a skill for fixing or making things or those who want to come along for a chat.

Note: This program is ongoing, with breaks alligning with school holidays

Location: Martha Close, Victor Harbor (Look for the big green shed)

## **Music Matters**

**Tuesdays  
10:00am - 12:00pm**

A music group focusing on the joy and achievement of playing and singing together as a band. No prior music experience is required. This program is delivered in partnership with Goolwa Community Centre.

Location: Goolwa Community Centre.

## **Community Conversations: Yankalilla**

**Various times &  
locations**

Coordinated community action to improve mental health in Yankalilla. Join the conversation, training and other initiatives. This program is delivered in partnership with District Council of Yankalilla.

# COMMUNITY RESILIENCE FLEURIEU ABOUT

## ABOUT THE PROGRAM

The Community Resilience Fleurieu program, offered by Skylight Mental Health, provides wellbeing and mental health support to communities in Victor Harbor, Goolwa, Yankalilla and Willunga. Support includes group programs, community workshops and initiatives delivered in partnership with local groups and organisations. This program is supported by the Department of Social Services 'Strong and Resilient Communities' funding.

## REGISTRATION

Registration to the program is required for participation. For all registration enquiries, please phone Erica on 0419 273 404. For general Skylight enquiries, please phone 8378 4100 or email [skylight@skylight.org.au](mailto:skylight@skylight.org.au)

## COVID-19

Due to risks posed by COVID-19, participants of face to face groups will need to agree to the Skylight Group Infection Control Guidelines whilst participating in the group to maintain health and safety of participants, staff and the community

Skylight respectfully acknowledges Aboriginal and Torres Strait Islander people as the traditional custodians of this land and celebrates all people who call this land home.



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