



SEE MENTAL HEALTH DIFFERENTLY

# LIMESTONE COAST ACTIVITIES

Country Wellness Connections



## Sept – Nov 2020

Booking is required for all groups due to limited places being available. Call SkyLight Bookings on 1300 287 051 to book in to your requested group.

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# ACTIVITY GROUPS

SEPTEMBER – NOVEMBER 2020

PROGRAM

Booking is required for all groups due to limited places being available. Call Skylight Bookings on 1300 287 051 to book in to your requested group. 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

## Tuesdays

 **Community Gardening Group** 10:00am – 12:00pm  
St Pauls Hall  
26 Penola Road, Mount Gambier

## Wednesdays

 **Games Group** 1:30pm – 3:30pm  
St Pauls Hall  
26 Penola Road, Mount Gambier

## Fridays

 **Craft Group** 1:30pm – 3:30pm  
St Pauls Hall  
26 Penola Road, Mount Gambier

**Please arrive at the designated start time of the group – DO NOT ARRIVE EARLY – There will be NO waiting on site as per Skylight's group infectious control guidelines**

# ACTIVITY GROUPS

## ABOUT COUNTRY WELLNESS CONNECTIONS

### ABOUT COUNTRY WELLNESS CONNECTIONS

Skylight CWC programs are run by staff and volunteers in conjunction with participants. No referral is required.

The Activity Program promotes well being in a supportive environment by offering opportunities for individuals to progress their recovery and prevent relapse by improving their ability to manage their illness. This occurs by providing a place where people can build skills, develop friendships, be accepted, and connect with the community.

The Activity Program provides a flexible and supportive environment in which individuals can choose to participate in activities whilst socialising and meeting new people. Staff are friendly and approachable and will support and assist people to participate in the range of programs available. Orientation to the program is a requirement for participation.

**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.**

### BOOKINGS & CONTACT

To make a booking, please phone Skylight Bookings on 1300 287 051. For other enquiries, please contact Skylight Mount Gambier on 8723 6533 or Jo on 0455 368 308.

Our services are designed in such a way that time for set up, pack up, planning and debriefing is built into the overall activity time.

I.e. a group may run from 1.30–3.30 which includes time to gather, prep for the activity, travel, the actual activity, regrouping afterwards, travel, debrief and pack up tasks.



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