



SEE MENTAL HEALTH DIFFERENTLY

# LIMESTONE COAST ACTIVITIES



## June – August 2022

Booking is required for all groups. Call Skylight Bookings on 8378 4100 to book into your requested group.

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# ACTIVITY GROUPS

## 21ST JUNE – 13TH AUGUST 2022

### PROGRAM

#### Tuesdays – Mount Gambier

##### Games and Social Group 2:00pm – 4:30pm

This photography group provides you with the opportunity to:

- Build on your social skills in a fun and enjoyable way through games
- Socialise with others in the group, create friendships
- Learn communication and problem-solving techniques through the games played
- Build social & emotional wellbeing.

In this space, you can play an assortment of games or you can just hang out and chat. Afternoon tea and coffee provided. 17 Edward Street, Mount Gambier.

Bookings required.

\*Non face-to-face cost apply \*Centre capital costs apply

#### Thursdays – Mount Gambier

##### Photography Group 10:00am – 12:00pm

This photography group provides you with the opportunity to:

- Learn basic photography skills using your smartphone or tablet
- Interact with others within the group and share your knowledge and passion for taking pictures
- Improve your community and social participation, gain experience with taking photos, photo editing and discovering different methods of displaying and sharing your images

Bring along your own camera or smart phone to take photos. DSLR cameras are available. The group has an indoor studio as well for photo shoots.

To make a booking, please phone Skylight Bookings on (08) 83784100.

Meet at Skylight Office, 12 Crouch Street South, Mount Gambier. Weather permitting, BYO hat and water. Bookings required.

\*Non face to face costs apply \*Centre Capital Costs apply

# ACTIVITY GROUPS

## 21ST JUNE – 13TH AUGUST 2022

### PROGRAM

#### Fridays – Mount Gambier

##### **Youth Photography Group (17-24) 10:30am – 12:30pm**

This mobile youth group provides you the opportunity to:

- Learn basic photography skills using your smartphone, tablet or DSLR camera
- Interact with others within the group and share your knowledge and passion for taking pictures
- Improve your community and social participation
- Gain experience with photo editing and discovering different methods of displaying and sharing your pictures

Bring your own camera or phone to take photos. DSLR cameras available for group use and group computer for photo editing.

Meet at Skylight office, 12 Crouch Street South, Mt Gambier. Bookings required.

\*Non face to face costs apply

##### **Art, Craft & Model Making 1:30pm – 4:00pm**

This artistic group provides you with the opportunity to:

- Try new and different art techniques or refine your existing skills
- Share your artistic ability with others
- Create new friendships

Design your own creations through a variety of mediums or learn from others and admire cultural differences in art.

A variety of resources are available or bring any specific art equipment you need for your project.

Meet at St Martins Hall, 17 Edward Street, Mt Gambier.

Tea and coffee provided.

Bookings required.

\*Non face to face costs apply \*Centre Capital Costs apply

# ACTIVITY GROUPS

## 21ST JUNE – 13TH AUGUST 2022

### PROGRAM

## Other Events

### Out & About

(Wednesday 6th July (Port Macdonnell) & Wednesday 3rd August (Mt Gambier))

#### Wednesday 6th July

Port Macdonnell to explore the feast museum and library gallery. Followed by a BBQ lunch.

#### Wednesday 3rd August

Staying in Mount Gambier and meeting at the kaboom bowling alley where you can enjoy a game of bowling followed by a game of mini-golf. Skylight covers the cost for one game of each. Second game (if wanted) is at the cost of the participant. Finish with a lunch at the Commercial Park Hotel. Participants to pay for own lunch.

This Out N About group provides you the opportunity to:

- Improve your social interaction and social skills
- Increase your social and community participation
- Create friendships throughout the experiences of this group

We will visit various locations within the community via Red Cross minibuses with accredited volunteer drivers.

Numbers are strictly limited to the seating capacity and bookings are essential. Please bring a packed lunch or money for lunch, BYO hat, sunscreen and water.

Some venues may have entry costs which are payable by the participant.

Meet at Skylight 10 am sharp, 12 Crouch Street South, Mt Gambier.

To make a booking, please phone Skylight Bookings on (08) 83784100. \*Non face to face costs apply \*Transport costs apply

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## Regional Support Available

Pop up social groups and 1:1 support sessions are available to participants in the regional towns of Naracoorte, Bordertown, Kingston, Millicent, Penola

Phone the Skylight Limestone Coast team on 0455 368 308 to register your interest.

**Please call Skylight  
Bookings on  
8378 4100 to book  
into your requested  
group.**

**Bookings are  
essential!**

# 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 8378 4100. For other enquiries, please contact Skylight Mount Gambier on 8723 6533 or John on 0455 368 308

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.

**PLEASE MAINTAIN**

**SOCIAL  
DISTANCING**

KEEP YOURSELF AND  
OTHERS SAFE



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