

# EYRE ACTIVITIES



SEE MENTAL HEALTH DIFFERENTLY

October - December 2019

Tuesdays & Wednesdays

Port Lincoln SA 5606

08 8683 0082

[eyreadmin@skylight.org.au](mailto:eyreadmin@skylight.org.au)



# JULY - SEPTEMBER 2019

Tuesdays

Creative Tuesday

10:30am - 1:30pm

October 1st, 8th, 15th, 22nd, 29th

November 5th, 12th, 19th, 26th

December 3rd, 10th, 17th



# JULY - SEPTEMBER 2019

Wednesdays

## Out & About

10:00am - 3:00pm

October 2nd Louth Bay  
October 9th Todd Reservoir  
October 23rd Louth Bay  
November 6th Port Neil  
November 20th Louth Bay  
December-4th Tumby Bay  
December 11th Louth Bay

**Please be aware that BOOKINGS will be ESSENTIAL if you require transport in the Skylight van. These BOOKINGS MUST be made by TUESDAY 1:30pm the day before OUT & ABOUT.**



# WHAT IS SKYLIGHT AIMING TO PROVIDE IN THE EYRE REGION?

Skylight is working with participants and other service providers to develop a structured program of activities which:

Aim to promote well-being in a supportive environment thereby assisting recovery and the prevention of relapse by offering opportunities for individuals to improve their ability to manage mental illness.

Are based on a rehabilitation and recovery framework, with the aim of connecting participants with their local community, providing informal peer support and provision of group programs.

Aim to facilitate opportunities for individuals affected by mental illness to develop skills, increase social and recreational options and access support and information.

Are a good place to develop friendships, trust, increase skills, be accepted and connect with the community.

Skylight Eyre is funded by the SA Dept of Health & Commonwealth Dept of Health and Ageing to provide opportunities for people living with mental illness to re-engage with community and life-giving activities. Participants can get involved in planning and preparation of events, or just come and join in. At Skylight we enjoy each other's company, we learn new skills or re-learn old skills... and generally have fun!

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.

**For further information or to arrange an appointment for an or orientation of the program, please contact us by phone at 08 8683 0082 or e-mail [eyreadmin@skylight.org](mailto:eyreadmin@skylight.org)**