

October is MENTAL HEALTH MONTH

THURSDAY 1

JNC shares our plans for Mental Health Month

See
www.jnc.org.au



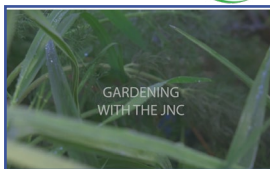
FIND OUT WHAT'S ON

FRIDAY 2

FeelGood Webcast

Garden Group

@the jnc



WATCH A WEBCAST

MONDAY 5, 12, 19, 26

Garden Group in Bondi Junction

1.30pm-3.30pm



WEEKLY GROUP

View all webcasts at
<https://tinyurl.com/y3ujtm8p>
or [this link](#)



TUESDAY 6, 13, 20, 27

Walking Group

starts in Maroubra

9.30am-11am



WEEKLY GROUP

TUESDAY 6

Tune in to kids: managing children's anxiety Webcast



'TUNE IN' TUESDAY

WEDNESDAY 7, 14, 21, 28

Online Qigong (Tai Chi) Register to join

10am-11am



WEEKLY CLASS ONLINE

FRIDAY 9

Feelgood Webcast Kids coping during COVID

@the jnc



WATCH A WEBCAST

TUESDAY 13

Tune in to carers: Wellbeing tips

Webcast

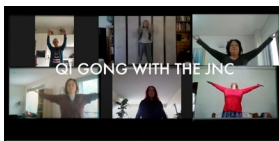


'TUNE IN' TUESDAY

FRIDAY 16

Feelgood Webcast JNC Qi Gong (Tai Chi) class

@the jnc



WATCH A WEBCAST

TUESDAY 20

Tune in to Our Mob Mental health & our Aboriginal Community Webcast



'TUNE IN' TUESDAY

FRIDAY 23

Feelgood Webcast

Walking Group

@the jnc



WATCH A WEBCAST

TUESDAY 27

Tune in for older people Mental health tips Webcast

11.30am-12.30pm



'TUNE IN' TUESDAY

THURSDAY 29

Tune in & look out for others - Online Forum

[BOOK NOW!](#)

11.30am-



ONLINE FORUM

FRIDAY 30

Feelgood Blog: Looking back on tuning in

www.jnc.org.au

@the jnc



REFLECTION TIME

Contact JNC to tune in

Phone **9349 8200**

Email contact@jnc.org.au

Web www.jnc.org.au

JNC supports you to tune in to yourself & look out for others

