

Mind Australia presentation – Tuesdays with Nexus

Additional information current as @ Tuesday 15 October 2024.

Catchment areas:

Austin + St Vincent's Hub: Yarra, Boroondara, Banyule, Nillumbik

North + Mercy Hub: Wyndham, Melbourne, Merri-bek, Hume)

Groups:

Art Group: Every Wednesday from 10:30am to 12:30pm - Located at The Factory - Belgium Neighbourhood House

Group Outings: Once a month we will take people for an outing into the community. The next three outings we have are as follows:

Oct 29th (12pm to 2pm): I Love Pho Richmond Vietnamese Lunch

Nov 26th (12pm to 2:30pm): St Kilda Beach Walk + Fish and Chips

Dec 17th (12pm to 2pm): Meditation at Fed Square + Coffee and Lunch

Walking Groups:

Every first Wednesday at Coburg Neighbour House from 10am to 11am

Every other Wednesday at Reservoir Neighbourhood House from 10am to 11am

Afterhours support service that our Mind clients can use:

MOCA (Mind On Call Afterhours)