



Campbelltown Group Calendar - March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	01 Bush Walking - 10:30am Meet at Campbelltown Office or Waminda Oval
04 Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office	05 Coffee Group - 11am Meet at Campbelltown Office Soul Space- 1pm Meet at Campbelltown Office	06 MENgagement - 1pm on ZOOM	07 Reflection Corner - 10am Mac Fields Salvation Army Inclusive Rainbow Community - 9:30am Meet at Campbelltown Station	08 City Walking - 10:30am Meet at Campbelltown Office Games Arvo - 2-3:30pm Meet at Campbelltown Office
11 Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office	12 Soul Space- 1pm Meet at Campbelltown Office	13 MENgagement - 1pm on ZOOM	14 Reflection Corner - 10am Mac Fields Salvation Army Art Expressions - 1:30pm Meet at Harmony House	15 Bush Walking - 10:30am Meet at Campbelltown Office or Waminda Oval
18 Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office	19 Coffee Group - 11am Meet at Campbelltown Office Soul Space- 1pm Meet at Campbelltown Office	20 MENgagement - 1pm on ZOOM Mental Health Info Sessions - 10:30am - 12:30pm This month's topic is "What is anxiety". Meet at the Campbelltown office	21 Reflection Corner - 10am Mac Fields Salvation Army Inclusive Rainbow Community - 1:30pm Meet at Campbelltown Office	22 City Walking - 10:30am Meet at Campbelltown Office Games Arvo - 2-3:30pm Meet at Campbelltown Office
25 Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office	26 Soul Space- 1pm Meet at Campbelltown Office	27 MENgagement - 1pm on ZOOM	28 Reflection Corner - 10am Mac Fields Salvation Army Art Expressions - 1:30pm Meet at Harmony House	29 Public Holiday

SWS One Door Offices

Campbelltown Office

Level 3, 171-179 Queen St
Campbelltown NSW 2560

Bowral Office

30 Wingecarribee St
Bowral NSW 2576
(above Kookabar)

Delivered in partnership



Where mental wellbeing thrives



SWS PHN Mental Health
Central Intake line
1300 797 746 (1300 SWS PHN)



Wollondilly - Southern Highlands Group Calendar - March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	01
04	<p>05 Brunch and Coffee - 10am-12pm Meet at Picton Botanic Gardens</p> <p>Soul Space- 12:30 -2:30pm Meet at Picton Library</p>	<p>06 Highland Coffee 10am - 11am For more information, please speak with your Access Worker</p> <p>MEngagement - 1pm on ZOOM</p>	07	08
11	<p>12 Brunch and Coffee - 10am-12pm Meet at Picton Botanic Gardens</p> <p>Soul Space- 12:30 -2:30pm Meet at Picton Library</p>	<p>13 Highland Coffee 10am - 11am For more information, please speak with your Access Worker</p> <p>MEngagement - 1pm on ZOOM</p>	14	15
18	<p>19 Brunch and Coffee - 10am-12pm Meet at Picton Botanic Gardens</p> <p>Soul Space- 12:30 -2:30pm Meet at Picton Library</p>	<p>20 Highland Coffee 10am - 11am For more information, please speak with your Access Worker</p> <p>MEngagement - 1pm on ZOOM</p>	21	22
25	<p>26 Brunch and Coffee - 10am-12pm Meet at Picton Botanic Gardens</p> <p>Soul Space- 12:30 -2:30pm Meet at Picton Library</p>	<p>27 Highland Coffee 10am - 11am For more information, please speak with your Access Worker</p> <p>MEngagement - 1pm on ZOOM</p>	28	29

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**Public
Holiday**

Connector Hub Groups 2024

MEN'S SHOP TALK & COFFEE



A group for men to have a casual chat about life in general and discover what might be needed for more positive life outcomes!!!

WORKING IN PROGRESS



In 7 Educational workshops, you can learn to have the ability to self-reflect & and become more self-aware. We give you the tools & resources to navigate emotions, habits, & boundaries and to learn more about your strengths.

SOUL SPACE



Do you have something you started but haven't had the time to complete it? Great, now you have an opportunity to bring the special project along and chat

COFFEE GROUPS



We have coffee groups at Campbelltown, Bowral and Tahmoor where we go to local café and have a coffee and sit and chat casually about everyday things.

MENGAGEMENT



Giving men a platform for discussing issues important to them over Zoom. This is to increase the return on our self-improvement commitment.

GAME ARVO



Games Arvo is a group for everyone who wants to play board and card games. No experience is needed to play! Join us here at Campbelltown Office each fortnight.

REFLECTION CORNER



A group that focuses on connection and wellness through activities and conversation. Come and all are welcome each Thursday at Mac Fields Salvos.

ART EXPRESSION



A group that focuses on creativity and expression. No experience needed! Come and explore your creativity with different art activities each fortnight.

INCLUSIVE RAINBOW COMMUNITY



A group that promotes connection, inclusion and pride. Come and make connections with others in the LGBTQIA+SB community every fortnight over zoom.

WALKING GROUP



A fortnightly walking group open to anyone who wants to take photos, unwind, get some exercise or just a good chat.

To learn more about these groups, please contact your CPS Access Worker or Connector Hub SWS Facebook page.