



Campbelltown Group Calendar - April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>01</p> <p>Public Holiday</p>	<p>02</p> <p>Coffee Group - 11am Meet at Campbelltown Office</p> <p>Soul Space- 1pm Meet at Campbelltown Office</p>	<p>03</p> <p>MENgagement - 1pm on ZOOM</p>	<p>04</p> <p>Reflection Corner - 10am Mac Fields Salvation Army</p> <p>Inclusive Rainbow Community - 9:30am Meet at Campbelltown Station</p>	<p>05</p> <p>City Walking - 10:30am Meet at Campbelltown Office</p>
<p>08</p> <p>Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>09</p> <p>Soul Space- 1pm Meet at Campbelltown Office</p>	<p>10</p> <p>MENgagement - 1pm on ZOOM</p>	<p>11</p> <p>Reflection Corner - 10am Mac Fields Salvation Army</p> <p>Art Expressions - 1:30pm Meet at Harmony House</p>	<p>12</p> <p>Bush Walking - 10:30am Meet at Campbelltown Office or Waminda Oval</p>
<p>15</p> <p>Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>16</p> <p>Coffee Group - 11am Meet at Campbelltown Office</p> <p>Soul Space- 1pm Meet at Campbelltown Office</p>	<p>17</p> <p>MENgagement - 1pm on ZOOM</p> <p>Mental Health Info Sessions - 10:30am - 12:30pm This month's topic is "OCD, Agroraphobia, claustrophobia & Hoarding". Meet at the Campbelltown office</p>	<p>18</p> <p>Reflection Corner - 10am Mac Fields Salvation Army</p> <p>Inclusive Rainbow Community - 1:30pm Meet at Campbelltown Office</p>	<p>19</p> <p>City Walking - 10:30am Meet at Campbelltown Office</p>
<p>22</p> <p>Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>23</p> <p>Soul Space- 1pm Meet at Campbelltown Office</p>	<p>24</p> <p>MENgagement - 1pm on ZOOM</p>	<p>25</p> <p>Public Holiday</p>	<p>26</p> <p>Bush Walking - 10:30am Meet at Campbelltown Office or Waminda Oval</p>
<p>29</p> <p>Men's Shop Talk & Coffee - 01:30pm Meet at Campbelltown Office</p>	<p>30</p> <p>Coffee Group - 11am Meet at Campbelltown Office</p> <p>Soul Space- 1pm Meet at Campbelltown Office</p>	<p>01</p>	<p>02</p>	<p>03</p>

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 - April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
01 Public Holiday	02 Brunch and Coffee - 10am-12pm Meet at Picton Botanic Gardens Soul Space- 12:30 -2:30pm Meet at Picton Library	03 Highland Coffee 10am - 11am For more information, please speak with your Access Worker MEngagement - 1pm on ZOOM	04	05
08	09 Brunch and Coffee - 10am-12pm Meet at Picton Botanic Gardens Soul Space- 12:30 -2:30pm Meet at Picton Library	10 Highland Coffee 10am - 11am For more information, please speak with your Access Worker MEngagement - 1pm on ZOOM	11	12
15	16 Brunch and Coffee - 10am-12pm Meet at Picton Botanic Gardens Soul Space- 12:30 -2:30pm Meet at Picton Library	17 Highland Coffee 10am - 11am For more information, please speak with your Access Worker MEngagement - 1pm on ZOOM	18	19
22	23 Brunch and Coffee - 10am-12pm Meet at Picton Botanic Gardens Soul Space- 12:30 -2:30pm Meet at Picton Library	24 Highland Coffee 10am - 11am For more information, please speak with your Access Worker MEngagement - 1pm on ZOOM	25 Public Holiday	26
29	30 Brunch and Coffee - 10am-12pm Meet at Picton Botanic Gardens Soul Space- 12:30 -2:30pm Meet at Picton Library	01 Highland Coffee 10am - 11am For more information, please speak with your Access Worker MEngagement - 1pm on ZOOM	02	03

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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.