# STRIDE For better mental health

# GROUP CALENDAR – OCT 2026

Connector Hub
South Western Sydney

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 28th | 29th | 30th | 1st | 2nd |
| 5th<br>**Public Holiday** | 6th | 7th | 8th<br>Breakfast and Socialise Group<br>(Golden Cherry Café 12pm-1pm)<br>21 Canley Vale Rd, Canley Vale<br>**Topic- Tips on Hygiene** | 9th` |
| 12th<br>Breakfast Coffee Group<br>(Fairfield RSL 11am-12pm)<br>14 Anzac Ave, Fairfield<br>**Bring your ID to sign in**<br>**Topic- Weekly Planner** | 13th<br>Wellness Breakfast Group<br>(Smithfield office 11am-1pm)<br>17/49-63 Victoria street, Smithfield<br>**Topic- Self- care** | 14th<br>Healthy Habits Walking Group<br>(Fairfield Park 10-am)<br>14 Lawson St, Fairfield<br>**Topic- Healthy Habits** | 15th<br>Breakfast Cooking Group<br>(Smithfield office 12pm-2pm)<br>17/49-63 Victoria street, Smithfield<br>**Topic- Healthy Breakfast** | 16th |
| 19th<br>Breakfast Coffee Group<br>(Fairfield RSL 11am-12pm)<br>14 Anzac Ave, Fairfield<br>**Bring your ID to sign in**<br>**Topic- Weekly Planner** | 20th<br>Wellness Breakfast Group<br>(Smithfield office 11am-1pm)<br>17/49-63 Victoria street, Smithfield<br>**Topic- Self- care** | 21st<br>Healthy Habits Walking Group<br>(Fairfield Park 10-am)<br>14 Lawson St, Fairfield<br>**Topic- Healthy Habits** | 22nd | 23rd<br>BBQ Check in<br>(Fairfield Park 11.30am-1pm)<br>14 Lawson St, Fairfield<br>**Topic- Monthly Check in** |
| 26th<br>Breakfast Coffee Group<br>(Fairfield RSL 11am-12pm)<br>14 Anzac Ave, Fairfield<br>**Bring your ID to sign in**<br>**Topic- Weekly Planner** | 27th | 28th | 29th<br>Breakfast Feedback Group (Golden Cherry Café 12pm-1pm)<br>21 Canley Vale Rd, Canley Vale<br>**Topic- Feedback** | 30th<br>OUTING<br>9am-2pm<br>**TBC** |

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**SWS Stride Smithfield Office**
Unit 17, 49-63 Victoria street, Smithfield. 2164

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Where mental wellbeing thrives

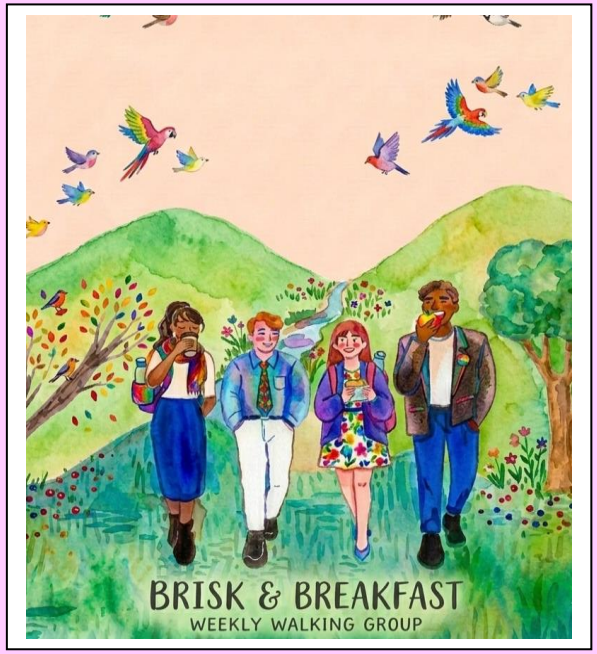
One DOOR Mental Health

OUR
BREAKFAST
COOKING GROUP

BREAKFAST
AND
WELLNESS
GROUP

BREAKFAST
AND
FEEDBACK

'BREAKFAST
SOCIALIZING
GROUP


BRISK & BREAKFAST
WEEKLY WALKING GROUP

BBQ
AND
CHECK IN