

Exploring WELLNESS

Masterclass in Mental Health Promotion **9:00am–3:45pm, Wednesday 14th May** **Powerhouse Place**

Dive deep into evidence-based mental health promotion strategies including designing and implementing programs. Provided by Dr Stephen Carbone, Founder and CEO of Prevention United. Hosted by Loddon Mallee Public Health Unit.

Cost – Free (limited spots and bookings are essential)

Registration – Refreshments provided, please register for catering purposes via website or QR code
<https://events.humanitix.com/mildura-masterclass-in-mental-health-promotion>

Let's Talk Mental Health **5:00pm–6:30pm, Wednesday 14th May** **Powerhouse Place**

A free mental health and wellbeing information session provided by Women's Health Loddon Mallee for women. Session will cover:

- Understanding Mental Health and Wellbeing
- Identifying Challenges of addressing mental health
- Learn about the 5 Ways to Wellbeing
- How to respond to someone experiencing mental distress
- Navigating the mental health system

Cost – Free

Registration – Refreshments provided, please register for catering purposes via website or QR code
events.humanitix.com/lets-talk-mentalhealth-mildura

Walk Safe Sunraysia **6:30pm, Wednesday 14th May** **Meet in front of the Powerhouse Place**

Join the Northern Mallee Leaders community walking group to promote safe spaces and movement for mental wellbeing. Provided by Walk Safe Sunraysia

Cost – Free

Registration – No registration required

Adult ADHD with Dr Emilie **12:30pm–2:45pm, Thursday 15th May** **Powerhouse Place**

An engaging introduction to ADHD across the lifespan presented by Dr Emilie, a clinician with both professional insight and personal experience.

Emilie will explore how ADHD manifests beyond stereotypes, how it often goes unrecognised, and what compassionate, whole-person care can look like. Session will conclude with a Q&A session.

Cost – Free

Registration – Registration via website or QR code
<https://events.humanitix.com/adult-adhd-with-dr-emilie-real-talk-from-lived-and-clinical-experience>

Mindful Morning with Mental Health Mallee (MHM) **7:30am–8:30am, Friday 16th May** **Mildura Arts Centre Lawns**

Start your morning with meditation, mindful movement and breath work. No experience needed. Come dressed in your usual work wear or bring activewear to change into — changerooms are available. Provided by Mental Health Mallee, Jo Marie and Carlo Cirillo

Cost – Free

Registration – email nml@nml.org.au

A morning with Penny Moodie and Hugh Van Cuylenberg - Book Signing and In- Presentation **Conversation Event on Mental Health and OCD** **9:30am–11:30am, Friday 16th May** **Mildura Arts Centre**

Join Penny Moodie in conversation with Hugh Van Cuylenburg for an in-depth and exclusive presentation on mental health, OCD, personal journeys and recovery. Hosted by Northern Mallee Leaders, Wellways and Collins Bookseller.

Penny is an author, mental health advocate, speaker, and mum of three. She wrote *The Joy Thief*, a powerful book about living with OCD and reclaiming joy. She's passionate about destigmatising OCD and sharing resources to empower others.

Hugh is the founder of The Resilience Project, co-host of The Imperfects Podcast, and bestselling author of *Let Go* and *The Resilience Project*. Hugh's authentic and relatable style has inspired millions to embrace mental health with courage and kindness.

Cost – \$30. Books are also available to purchase before the day at a discounted price.

Registration – <https://bit.ly/exploringwellnessNML>

OCD, Peer Support and Resources **1:30pm–3pm, Friday 16th May** **Sunraysia Community Health Services**

Aimed at industry professionals and support networks, Penny Moodie presents a session focussed on lived experience and supporting others with OCD.

Cost – \$35, includes afternoon tea

Registration – <https://bit.ly/exploringwellnessNML>

For more information please contact Melissa Kennelly on melissa.kennelly@mildura.vic.gov.au or phone 03 5018 8254.

