



# Campbelltown Group Calendar - May 2024



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	01 <b>MENgagement - 1pm</b> on ZOOM	02 <b>Reflection Corner - 10am</b> Mac Fields Salvation Army <b>Inclusive Rainbow Community - 9:30am</b> Meet at Campbelltown Station	03 <b>City Walking - 10:30am</b> Meet at Campbelltown Office
06 <b>Men's Shop Talk &amp; Coffee - 01:30pm</b> Meet at Campbelltown Office	07 <b>Soul Space- 1pm</b> Meet at Campbelltown Office	08 <b>MENgagement - 1pm</b> on ZOOM	09 <b>Reflection Corner - 10am</b> Mac Fields Salvation Army <b>Art Expressions - 1:30pm</b> Meet at Harmony House	10 <b>Bush Walking - 10:30am</b> Meet at Campbelltown Office or Waminda Oval
13 <b>Men's Shop Talk &amp; Coffee - 01:30pm</b> Meet at Campbelltown Office	14 <b>Coffee Group - 11am</b> Meet at Campbelltown Office <b>Soul Space- 1pm</b> Meet at Campbelltown Office	15 <b>MENgagement - 1pm</b> on ZOOM <b>Mental Health Info Sessions - 10:30am - 12:30pm</b> This month's topic is " what is AOD & Recovery". Meet at the Campbelltown office	16 <b>Reflection Corner - 10am</b> Mac Fields Salvation Army <b>Inclusive Rainbow Community - 1:30pm</b> Meet at Campbelltown Office	17 <b>City Walking - 10:30am</b> Meet at Campbelltown Office
20 <b>Men's Shop Talk &amp; Coffee - 01:30pm</b> Meet at Campbelltown Office	21 <b>Soul Space- 1pm</b> Meet at Campbelltown Office	22 <b>MENgagement - 1pm</b> on ZOOM	23 <b>Reflection Corner - 10am</b> Mac Fields Salvation Army <b>Art Expressions - 1:30pm</b> Meet at Harmony House	24 <b>Bush Walking - 10:30am</b> Meet at Campbelltown Office or Waminda Oval
27 <b>Men's Shop Talk &amp; Coffee - 01:30pm</b> Meet at Campbelltown Office	28 <b>Coffee Group - 11am</b> Meet at Campbelltown Office <b>Soul Space- 1pm</b> Meet at Campbelltown Office	29 <b>MENgagement - 1pm</b> on ZOOM	30 <b>Reflection Corner - 10am</b> Mac Fields Salvation Army	31 <b>City Walking - 10:30am</b> Meet at Campbelltown Office

## 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 - May 2024



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	01 <b>Highland Coffee</b> 10am - 11am For more information, please speak with your Access Worker <b>MEngagement - 1pm</b> on ZOOM	02	03
06	07 <b>Brunch and Coffee - 10am-12pm</b> Meet at Picton Botanic Gardens <b>Soul Space- 12:30 -2:30pm</b> Meet at Picton Library	08 <b>Highland Coffee</b> 10am - 11am For more information, please speak with your Access Worker <b>MEngagement - 1pm</b> on ZOOM	09	10
13	14 <b>Brunch and Coffee - 10am-12pm</b> Meet at Picton Botanic Gardens <b>Soul Space- 12:30 -2:30pm</b> Meet at Picton Library	15 <b>Highland Coffee</b> 10am - 11am For more information, please speak with your Access Worker <b>MEngagement - 1pm</b> on ZOOM	16	17
20	21 <b>Brunch and Coffee - 10am-12pm</b> Meet at Picton Botanic Gardens <b>Soul Space- 12:30 -2:30pm</b> Meet at Picton Library	22 <b>Highland Coffee</b> 10am - 11am For more information, please speak with your Access Worker <b>MEngagement - 1pm</b> on ZOOM	23	24
27	28 <b>Brunch and Coffee - 10am-12pm</b> Meet at Picton Botanic Gardens <b>Soul Space- 12:30 -2:30pm</b> Meet at Picton Library	29 <b>Highland Coffee</b> 10am - 11am For more information, please speak with your Access Worker <b>MEngagement - 1pm</b> on ZOOM	30	31

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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



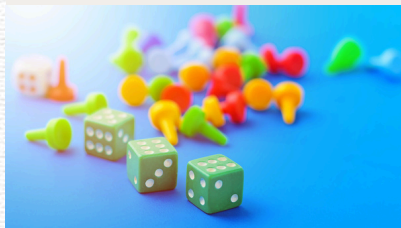
We have coffee groups at Campbelltown, Bowral and Tahmoor where we go to local café and have a coffee and sit and chat casually about everyday things.

### 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.