

World Mental Health Day Morning Tea

Join us in recognising World Mental Health Day by celebrating the strength, resilience, and healing journeys of First Nations peoples.

Mental health is not just the absence of illness—it's the presence of connection: to Country, to culture, to community, and to self.

Program

- Share stories and support
- Yarning Circles
- Mindfulness Activities
- Raise awareness and reduce stigma
- Promote culturally safe mental health services
- Collaboration with Health Professionals



Date: Friday 10th October 2025



Time: 10:00am till 11:30am



Location: Rumbalara Wellbeing Centre
20 Rumbalara Road, Mooroopna



Coffee Van: On Site and Courtesy of Rumbalara

For more information contact Jason Chick, Health & Childrens Manager

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