

Northern Beaches Mental Health Forum

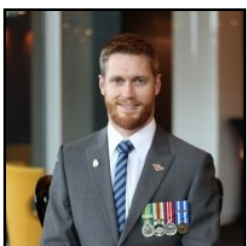
TOGETHER ON THE RECOVERY JOURNEY



Catherine DeVrye —
Inspirational Speaker & Author



Patrea King—Quest for
Life



Ben Webb—Northern Beaches
Veterans Centre



Catherine Kezelman —
Blue Knot Foundation



Allan Sicard—NSW Police



Kim Hodges—Author of
Girl Over the Edge

A Forum for those on their mental health recovery journey, their family and support people, featuring a range of inspirational and informative speakers, including those with lived experience.

- Browse over 30 information stands.
- Lunch and refreshments provided.

Wednesday 3 October
9am to 3pm

DEE WHY RSL

932 Pittwater Rd, Dee Why

CONTACT

Snow on 8405 4444 or snowl@yourside.org.au

BOOKINGS ESSENTIAL

Participant registration: www.trybooking.com.au/VUFN

Stall holder registration: www.trybooking.com.au/VUFI

The Forum has been organised by the Northern Beaches Mental Health Interagency



Health
Northern Sydney
Local Health District





Northern Beaches Mental Health Forum

TOGETHER ON THE RECOVERY JOURNEY

Wednesday 3 October

PROGRAM

9.00 am	Refreshments available Browse over 30 information stalls
9.15 am	Forum begins — MC Catherine DeVrye – Inspirational speaker and author
9.20 am	Acknowledgement of Country — Karen Smith, Aboriginal Heritage Office
9.30 am	Forum Outline – MC Catherine DeVrye
9.45 am	Official opening — Catherine Lourey, NSW Mental Health Commissioner
10.15 am	PTSD and Recovery — Ben Webb, Northern Beaches Veterans Centre
10.35am	My Stories — DVD viewing
10.45 am	BREAK – refreshments available
11.10 am	Carers Choir
11.20 am	Services Update — Northern Sydney Local Health District and Healthscope
11.50 am	Homelessness — Superintendent Allan Sicard, NSW Police
12.30 pm	LUNCH
1.15 pm	“Girl Over the Edge” — Author, Kim Hodges
1.45 pm	Trauma and Recovery — Dr Catherine Kezelman, Blue Knot Foundation
2.15 pm	My Stories — DVD viewing
2.25 pm	Mindfulness and Recovery — Patrea King, Quest for Life
3.05 pm	Carers Choir
3.15 pm	Browse over 30 information stalls
3.30 pm	Forum close



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