MENTAL HEALTH MONTH

LELAN
DIGNITY, AUTONOMY & HUMAN RIGHTS

TOGETHER MEANS ALL OF US

24 OCTOBER 2026
10AM - 2PM

Inparilla (Wyatt Trust)
161 Frome St Adelaide

Join us as we write and send messages of solidarity and moments of lightness to folks who would otherwise miss out this Mental Health Month. These could look like cards, letters, or pieces of art.

- **ART & CRAFT**
- **COMMUNITY CONNECTION**
- **FREE FOOD**

Register Now!

Want more info?

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