



Neighbourhood Houses
The Heart of Our Community



Brimbank
City Council

A little
Connection
goes a long way

Celebrate Mental Health Month with Brimbank Neighbourhood Houses

Friday 16 October

Food for your Moods

Enjoy a live cooking demonstration featuring two delicious dishes to watch, taste and share, while we explore how food, cooking, and coming together can contribute to our overall wellbeing and how we feel.

🕒 10:30am - 12:30pm

💰 No charge

📍 Delahey Community Centre, 70 Copperfield Drive, Delahey, VIC 3037



Free
of charge

Monday 19 October

Mental Fitness Kickstarter

Delivered by Joy Adan & Gotcha4Life Foundation, join us for an interactive presentation that will bring mental fitness to life through powerful stories of resilience, connection, and growth.

🕒 10:30 - 11:30am

💰 No charge

📍 Cairnlea Community Hub, 59 Carmody Drive, Cairnlea Vic 3023



Monday 19 - 23 October

Table tennis, Ezee tennis & Pickleball

Enjoy a range of engaging and inclusive activities to help reduce stress, connect with others, and boost overall mental and physical health.

🕒 10:30 - 11:30am

💰 No charge

📍 West Sunshine Community Centre, 25 Kermeen Street, West Sunshine, Vic 3020

Drop in
or call
9249 4555

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Wayahead®

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Free
of charge

Friday 23 October

Paint and Pause

A restorative workshop combining guided mindfulness practice with painting to encourage relaxation, self-care, and creative expression. All materials provided.

🕒 10am - 12pm

💰 No charge

📍 Sydenham Neighbourhood House, Level 1/1 Station St, Taylors Lakes VIC 3038



Saturday 24 October

Paint it Calm - Watercolour Affirmation Workshop

Enjoy a grounding meditation or chair yoga activity, then explore colour, words and emotions through playful, intuitive water colour painting to create uplifting affirmation cards. No art experience needed, all materials provided.

🕒 1 - 3pm

💰 No charge

📍 Hunt Club Community and Arts Centre, 775 Ballarat Road, Deer Park, Vic 3023



Thursday 29 October

Dad Talk

One-on-one online support with a Life Coach for dads to talk through stress, relationships, parenting, family responsibilities, and navigating changing family roles. Expecting dads, current dads, stepdads and separated dads are all welcome.

🕒 Four x 45-minute appointment times
available between 6-9.15pm

💰 No charge

📍 An online meeting link will be provided after registration.



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Mental Health Awareness Month 2026

This year's theme, "A Little Connection Goes a Long Way," highlights how everyday moments of connection can support our wellbeing.

Throughout October, Brimbank Neighbourhood Houses have various programs on offer which are carefully designed to support you in building healthy habits, learning, and connecting with others.

Read more about Mental Health Month and this year's theme at
<https://wayahead.org.au/mentalhealthmonth/mh-m-theme/>

Discover more programs
Brimbank Neighbourhood Houses
offer by scanning the QR code
below!



Contact

Cairnlea Community Hub

59 Carmody Drive, Cairnlea 3023

P 9249 4800 **E** cairnleacommunityhub@brimbank.vic.gov.au

Delahey Community Centre

70 Copperfield Drive, Delahey 3037

P 9249 4900 **E** delaheycc@brimbank.vic.gov.au

Office Hours: Monday-Friday - 9am-4pm

Hunt Club Community and Arts Centre

775 Ballarat Road, Deer Park 3023

P 9249 4800 **E** huntclubarts@brimbank.vic.gov.au

Office Hours: Monday-Friday - 9.30am-4.30pm

Keilor Community Club

704B Old Calder Hwy, Keilor 3036

P 9249 4224 **E** keilorcp@brimbank.vic.gov.au

Customer Service office hours: Monday-Friday - 8.45am-5pm

Sydenham Neighbourhood House

102/Level 1, 1 Station Street, Sydenham Community Hub, Taylors Lakes 3038

P 9249 4224 **E** keilorcp@brimbank.vic.gov.au

Office Hours: Monday-Friday - 8.45am-5pm

West Sunshine Community Centre

25 Kermeen Street, West Sunshine 3020

P 9249 4555 **E** wsc@brimbank.vic.gov.au

Office Hours: Monday-Friday - 9am-5.30pm

Westvale Community Centre

45 Kings Road, St Albans 3021

P 9249 4665 **E** westvale@brimbank.vic.gov.au

Office Hours: Monday-Friday - 9am-5pm

Brimbank Learning Futures

80B Harvester Road, Visy Cares Hub Building, Sunshine 3020

P 9249 4116 **E** BLFVisyCaresHub@brimbank.vic.gov.au

Office Hours: Monday-Friday - 9am-5pm
