



Tuning in means being present. It means being aware of what is happening within you, and in the world around you.

Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.



City of Ryde presents the following events for Mental Health Month:

Feel good and connect with nature guided walk

When Saturday 8 October 2022
Time 10.00am - 12.00pm
Where Waterloo Park, 199 Waterloo Road, Marsfield

Feel good and connect with nature guided walk

When Sunday 23 October 2022
Time 10.00am - 12.00pm
Where Waterloo Park, 199 Waterloo Road, Marsfield

Blended Youth Mental Health First Aid Course for Youth Workers

When Thursday 13 October 2022
Time 8.30am - 4.30pm



When Tuesday 25 October 2022
Time 8.30am - 4.30pm

Where TAFE NSW - Ryde, 250 Blaxland Rd, Ryde

Art In Tune Exhibition + RSVP Official Opening

When Tuesday 25 October, 9.30am - Friday 28 October 2022, 4.00pm

Where Into-Arts Gallery, 71 Ryedale Rd, West Ryde

Carer Gateway Information Session in Mandarin

When Tuesday 25 October 2022
Time 10.30am - 12.00pm
Where Eastwood Library, West Parade, Eastwood

Yoga & Meditation Session

When Thursday 20 October 2022
Time 10.00 - 11.00am
Where Shepherds Bay Community Centre, 3A Bay Drive, Meadowbank

Art for the Soul

Drum Circle - FEEL THE BEAT! (Family Session)

When Wednesday, 26 October 2022
Time 4.30 - 5.30pm
Where Forster Hall (Brush Farm House), 19 Lawson St, Eastwood

Zumba Session

When Thursday 20 October 2022
Time 11.30am - 12.30pm
Where Shepherds Bay Community Centre, 3A Bay Drive, Meadowbank

Art for the Soul

Drum Circle - FEEL THE BEAT! (16+)

When Wednesday 26 October 2022
Time 6.00 - 7.00pm
Where Forster Hall (Brush Farm House), 19 Lawson St, Eastwood

**Art for the Soul
 Picture Sound and Collective Artwork**

When Thursday 20 October 2022
Time 5.00 - 8.00pm
Where Into-Arts, 71 Ryedale Rd, West Ryde



Lifestyle and opportunity
 at your doorstep



For more information or to book scan the QR code or visit www.ryde.nsw.gov.au/tunein