

Mount Gambier Library

MENTAL HEALTH MONTH

OCTOBER 2025

CONNECTING WHEN IT COUNTS



Mental health isn't just about the tough times – it's about building meaningful connections throughout life's pivotal moments. Come and connect with us this month



City of
Mount Gambier

Tovertafel – Games to connect with a difference!

1 to 7 October | 9:00am to 5:00pm

Discover the magic of the Tovertafel; interactive games projected onto our library space, sparking joy, connection and play. All ages welcome!
Free – bookings not required.

Laughter in the Library

Tuesdays | 11:15am to 12:00pm

Laughter Yoga is a unique exercise routine that combines unconditional laughter with yogic breathing (pranayama). Internationally recognised as a tool for emotional, mental, and physical health. Bookings not required.

Youth Arts & Crafts – Sand Mandalas

Thursday 2 October | 3:30pm

Create, layer, and mesmerise. Join a sand mandala session where every grain tells a story – experience the art of patience, beauty, and peaceful focus in vibrant colour.
Free – bookings not required.

The Healing Power of Imagination

4 week program | Thursdays 1:00pm to 2:30pm

9 October: Safe Place Imagery; a meditation style of intention
16 October: Mindfulness of Thoughts; creating Self Compassion and Insights
23 October: Mindfulness of Emotions; Understanding the meaning and language of emotions and feelings
30 October: Releasing Core Limiting Beliefs; reasons to stay.
Presented by Craig Smith - Accredited Teacher of Mindfulness.
Free event – bookings essential.

Adelaide Guitar Festival

Saturday 11 October | 9:00am to 12:00pm

Enjoy the ambient listening of free curated performances at the Mount Gambier Farmer's Market and Library verandah.
Free event – bookings not required.
For a list of all performances scan QR code.



Hello Mount Gambier Medicare Mental Health Centre

Wednesday 15 October | 11:00am

Discover how you or a loved one can access free, walk-in support here in Mount Gambier – no referral needed.
Free event – bookings encouraged.

Helen Williams – The Jigsaw within my Mind

Saturday 18 October | 11:00am

Discover 'The Jigsaw Within My Mind' with Helen Williams, founder of the former Anxiety Disorders Association South East (ADASE), as she shares her journey and insights to support those living with anxiety and depression.

Free event – bookings essential.

Gratitude Wall – Celebrate the Little Things...

Monday 20 to Friday 31 October

We invite you to pause, reflect and share what you're grateful for. While you're here, nominate someone you think deserves to win our 'Hamper of Pamper'.

Mindful Moments Storytime

Tuesday 21 October | 11:30am

Cave Garden/Thugi

Unwind with stories and a gentle mindfulness walk outdoors, designed to nurture calm and wellbeing this Mental Health Month.

Free event – bookings not required.

Push, Pull, Spin: 3D Printed Fidgets

Tuesday 21 October | 2:00pm to 5:00pm

Fidget toys are more than just fun – and not just for kids! They can help reduce stress, improve focus and support mindfulness. Come and check out what you can print from an array of designs to suit all ages.

*Please note 3D printed fidgets take time to complete and may need to be collected at a later date.

Free event – bookings not required.

Social Sing-a-long with Hunter n Scout

Sunday 26 October | 11:00am to 12:00pm

Lift your spirits and join us for a soulful sing-a-long session. Whether you sing loud, soft, in or out of tune – all welcome!

Free event – bookings encouraged.

Silent Book Club

Wednesday 29 October | 6:30pm to 7:30pm

Slow down and enjoy the calm connection of reading together in silence. Bring your own book and we will provide the space and refreshments!

Free event – bookings essential.

**To book an event,
scan the QR code:**



Mount Gambier Library
6 Watson Terrace, Mount Gambier
Phone 08 8721 2540
mountgambier.sa.gov.au/library



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Mount Gambier