

# Learning for Life

## September/October 2017

TIME	WORKSHOP	BOOKINGS/VENUE
<b>Exhibition Times</b> <b>11am-4pm daily</b> <b>30 Sept – 4 October</b>	<b>Salvaged Art from Waste Exhibition</b> Creative, innovative, funny and thought provoking. Visit this community art exhibition where 'waste' materials are recycled, reused and transformed into works of art using a Climate Change theme. Vote for your favourite piece in the People's Choice award.	<b>Kingston Beach Hall</b> <b>20 Beach Road, Kingston Beach</b> <b>Free Event</b>
<b>6.30pm - 8pm</b> <b>Tuesday 10 October</b> <b>A Mental Health Week Event</b>	<b>Declutter and Simplify Your Life</b> Do you waste time looking for your things? Do you feel stressed because you spend so much time dealing with all the STUFF in your life? Life is too short to be dealing with too much STUFF! Clutter creates emotional turmoil, frustration, stress and anxiety. Imagine a life without CLUTTER. Learn the art of decluttering and find out how to identify clutter and how to let it go.	<b>Kingborough Civic Centre</b> <b>15 Channel Hwy</b> <b>Kingston</b> <b>Cost: \$10/person</b> <b>Bookings Required</b> <a href="http://www.simplelife.eventbrite.com.au">www.simplelife.eventbrite.com.au</a>
<b>6.30pm – 8pm</b> <b>Wednesday 11 October</b> <b>A Mental Health Week Event</b>	<b>Finding your Happy Ground</b> Join Dr Ivan Zwart, founder of Happy Ground for this practical and engaging workshop to explore ways to improve your wellbeing. As someone who has suffered from chronic fatigue, anxiety and depression, Ivan is a perfect case study on what can happen to people who do not have the tools to cope with life's difficulties or the stresses of modern living. Having come through these illnesses, Ivan feels better than he ever believed was possible and is now very passionate about inspiring others to do the same.	<b>Kingborough Civic Centre</b> <b>15 Channel Hwy</b> <b>Kingston</b> <b>Free Event</b> <b>Bookings Required</b> <a href="http://www.happygroundkingston.eventbrite.com.au">www.happygroundkingston.eventbrite.com.au</a>
<b>6.30pm – 8pm</b> <b>Thursday 12 October</b> <b>A Mental Health Week Event</b>	<b>Worried Kids – Understanding and Supporting an Anxious Child</b> Learn about how anxiety can present in children and when and how to seek help. Learn some practical strategies to support an anxious child and help them to be more aware of, and able to manage their worries. Presented by Clinical Psychologist Lisa Ford.	<b>Kingborough Civic Centre</b> <b>15 Channel Highway, Kingston</b> <b>Cost: \$10/person</b> <b>Bookings Required</b> <a href="http://www.worriedkids.eventbrite.com.au">www.worriedkids.eventbrite.com.au</a>
<b>10-11.30am</b> <b>Saturday 14 October</b> <b>A Mental Health Week Event</b>	<b>Caring for the Carer</b> Do you support someone with a mental health condition? Come along and chat with others who are in similar circumstances. Kate from Mental Health Carers Tasmania will be coming along to share her knowledge. Learn about what services are available, how to get connected to find support and to take care of yourself.	<b>Meeting Room</b> <b>Kingston LINC (Library)</b> <b>Hutchins Street, Kingston</b> <b>Free Event</b> <b>Bookings Required – Numbers Limited</b> <a href="http://www.kingstoncarers.eventbrite.com.au">www.kingstoncarers.eventbrite.com.au</a>
<b>12.30pm-2.30pm</b> <b>Saturday 21 October</b>	<b>Bees Wax Wraps</b> Learn how to make your own bees wax wraps and never need to use plastic food wrap again. Great for school lunches. In this workshop, you will make 4-5 wraps to take home, how to care for your wraps as well as the skills to make many more in the future.	<b>Yspace Kitchen</b> <b>Kingborough Youth Services</b> <b>98 Beach Road, Kingston</b> <b>Cost \$25/person</b> <b>Bookings Required – Numbers Limited</b> <a href="http://www.beeswaxkingston2.eventbrite.com.au">www.beeswaxkingston2.eventbrite.com.au</a>
<b>9am-1pm</b> <b>Sunday 22 October</b>	<b>Mega Garage Sale</b> Grab a bag of bargains from the Garage Sale Trail in your local area on Saturday 21 October or hold your own sale to de-clutter. If you have any leftovers, bring them to the Rotary Club Mega Sale on Sunday 22 October at Kingston Park (former KHS Site).	<b>Kingston Park</b> <b>Site bookings required for</b> <b>Rotary Mega Sale – site fee \$15</b> <b>Bookings Ph: 0409 120 452 or 0419 543 287</b> <a href="http://www.garagesaletrail.com.au">www.garagesaletrail.com.au</a>