



# Sunday Workshop

## The Mystery and Centrality of Belonging

4 FEB.  
2-4:30pm

We will hear stories, meet others, hear of upcoming events and enjoy afternoon tea (bring something to share if you can). No RSVP required.

The workshop is free.  
Questions: Call A Place to Belong office on 3217-2522 or Neil on 0437-718-420.

VENUE:  
St. Francis College,  
233 Milton Rd., Milton.  
(Next door to the XXXX brewery and 100m from Milton Station).  
Enter via Barooka Rd between no.25 & 29 or via Milton Rd (city bound traffic only). Park in the grounds in visitor parking areas.  
Follow signs to Lecture Room 1).

*'Our brain is hard-wired for belonging...It's isolation—not disability—that causes most problems. I believe that loneliness is the number one cause of difficult behaviours.'*

DAVID PITONYAK

Many of us have learnt that mental health is much more than having a diagnosis and some treatment – it's a lot about having people to talk with...having people to do things with...feeling respected... having a place. Today we will think about how we belong and how we can assist people's belonging. Neil Barringham will lead us in this workshop which will be rich in story and experience. We will see if we can understand some strategies and practices which can assist belonging.