

# Northern Beaches Mental Health Forum

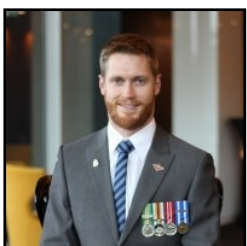
## TOGETHER ON THE RECOVERY JOURNEY



Catherine DeVrye —  
Inspirational Speaker & Author



Patrea King—Quest for  
Life



Ben Webb—Northern Beaches  
Veterans Centre



Catherine Kezelman —  
Blue Knot Foundation



Allan Sicard—NSW Police



Kim Hodges—Author of  
Girl Over the Edge

A Forum for those on their mental health recovery journey, their family and support people, featuring a range of inspirational and informative speakers, including those with lived experience.

- Browse over 30 information stands.
- Lunch and refreshments provided.

**Wednesday 3 October**  
**9am to 3pm**

**DEE WHY RSL**

932 Pittwater Rd, Dee Why

**CONTACT**

Snow on 8405 4444 or [snowl@yourside.org.au](mailto:snowl@yourside.org.au)

**BOOKINGS ESSENTIAL**

Participant registration: [www.trybooking.com.au/VUFN](http://www.trybooking.com.au/VUFN)

Stall holder registration: [www.trybooking.com.au/VUFI](http://www.trybooking.com.au/VUFI)

The Forum has been organised by the Northern Beaches Mental Health Interagency



**Health**  
Northern Sydney  
Local Health District



**SYDNEY NORTH**  
Primary Health Network



**YourSide**  
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**ccnb.**  
community care + well being



northern  
beaches  
council



# Northern Beaches Mental Health Forum

## TOGETHER ON THE RECOVERY JOURNEY

Wednesday 3 October

### PROGRAM

9.00 am	Refreshments available Browse over 30 information stalls
9.15 am	Forum begins — MC Catherine DeVrye – Inspirational speaker and author
9.20 am	Acknowledgement of Country — Karen Smith, Aboriginal Heritage Office
9.30 am	Forum Outline – MC Catherine DeVrye
9.45 am	Official opening — Catherine Lourey, NSW Mental Health Commissioner
10.15 am	PTSD and Recovery — Ben Webb, Northern Beaches Veterans Centre
10.35am	My Stories — DVD viewing
10.45 am	BREAK – refreshments available
11.10 am	Carers Choir
11.20 am	Services Update — Northern Sydney Local Health District and Healthscope
11.50 am	Homelessness — Superintendent Allan Sicard, NSW Police
12.30 pm	LUNCH
1.15 pm	“Girl Over the Edge” — Author, Kim Hodges
1.45 pm	Trauma and Recovery — Dr Catherine Kezelman, Blue Knot Foundation
2.15 pm	My Stories — DVD viewing
2.25 pm	Mindfulness and Recovery — Patrea King, Quest for Life
3.05 pm	Carers Choir
3.15 pm	Browse over 30 information stalls
3.30 pm	Forum close



Health  
Northern Sydney  
Local Health District

