



Queensland
Mental Health
Week 2026



Build Community, Build Wellbeing

Friday 9 October 2026

Health & Wellness Expo

In celebration of Queensland Mental Health Week, you're invited to a completely FREE community expo!

- › Join interactive workshops
- › Discover local and outreach allied health services
- › Re-fuel with morning refreshments and a BBQ lunch from 12noon
- › Grab a self-care bag filled with lots of goodies
- › Enjoy new children's activities and cultural elements

WHEN Friday 9 October 2026, 10am - 1pm

WHERE Carinity Fassifern Community Centre
4 Little High Street, Boonah



Queensland
Mental Health
Commission



Proudly funded by the Queensland Government through the Queensland Mental Health Commission and coordinated by the Queensland Alliance for Mental Health

AN OUTREACH OF  QUEENSLAND BAPTISTS