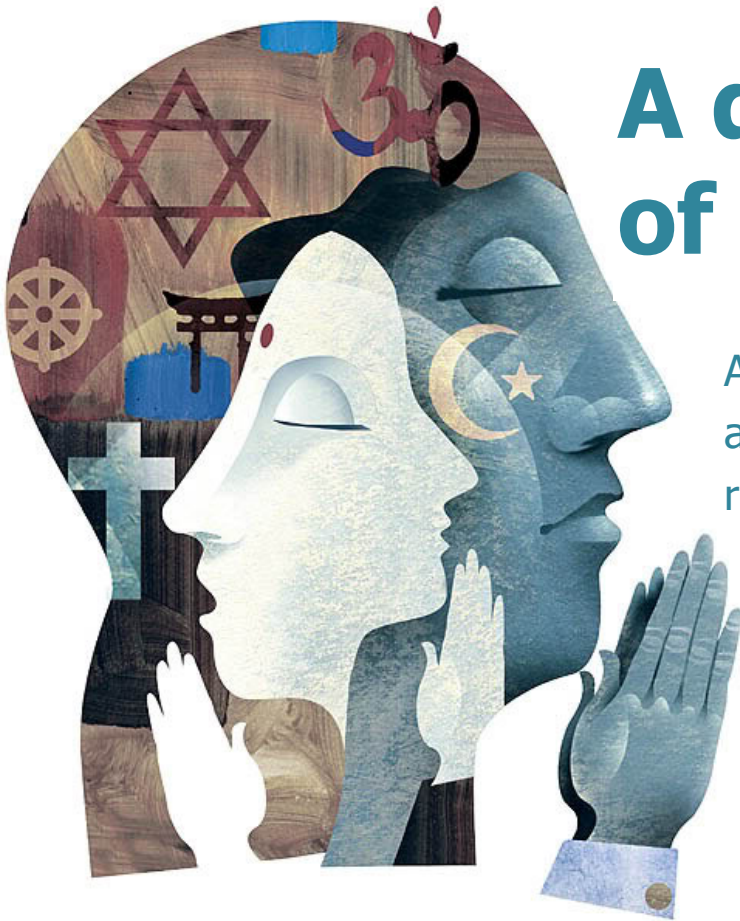


# A different point of view...

A forum exploring issues of mental health and wellbeing from diverse cultural and religious perspectives.

**Thursday 27 October 2011**  
**10.00am – 3.00pm**

Swinburne College lecture theatre  
Building TD, John Street, Hawthorn



We welcome the participation of community members, service providers, organisations, Swinburne staff and students in this forum.

A vegetarian lunch will be provided. This event is free of charge.

#### **Bookings are essential.**

To book online please visit:

<http://differentpointofview.eventbrite.com>

To book through the City of Boroondara please call 9278 4753 or email [elyse.rider@boroondara.vic.gov.au](mailto:elyse.rider@boroondara.vic.gov.au)

We aim to make this event accessible and inclusive to all of the community. If you would like to attend this event and have specific access, language, communication or dietary needs please contact us before 20 October and we will do our best to accommodate you.

This forum aims to raise awareness and open a dialogue between community members, service providers and researchers on the diversity of mental health and wellbeing needs and understandings in our community.

It will include presentations from service providers and researchers, panel and audience discussions, accounts of personal experiences and meditative reflections on specific mental health issues. Participants are welcome to join the section of the program of interest to them but are encouraged to stay for the whole event if possible.

#### **Program**

- 10.00 Opening
- 10.20 Exploring grief
- 11.15 Dark to Dawn presentation
- 11.40 Exploring trauma and post-traumatic growth
- 12.35 Lunch break
- 1.10 Exploring depression and isolation
- 2.05 Summary discussions
- 3.00 Close



This is a Boroondara Interfaith Network event in partnership with Swinburne University Multi Faith Facility and Chaplaincy, and Swinburne International Student Life. The Boroondara Interfaith Network is a network of people from different religions, faiths and traditions convened by the City of Boroondara. The annual program of events aims to create awareness and dialogue through building relationships that nurture harmony, and deepen understanding and respect in the community. For more information please visit <http://boroondarainterfaith.wordpress.com/>