Narembeen Community Resource Centre

From the Managers Desk

Hello everybody!

The Mental Health First Aid (MHFA) will take place next week, Wednesday + Thursday, 1st + 2nd of September at the Narembeen CRC (lunch provided). It is not too late to register for this FREE accredited workshop.

Last week was a busy week at the CRC! On Tuesday we ran two special NAIDOC Story Time sessions with the Kindy, Pre-Primary and Year 1 students. We sang fun songs, read NAIDOC themed books, then did some great NAIDOC themed activities, such as dot painting, coloring, scratch art and lots more! The kids also got to try some yummy homemade damper, with native jams! Next time you are in the main street be sure to check out the Pop-Up Shop and admire the beautiful arts and craft the kids created!

These activities were made possible with funding we received from the National Indigenous Australians Agency to celebrate and acknowledge the history, culture and the achievements of Aboriginal and Torres Strait Islander people.

On Wednesday we had the Morning Coffee Club which involved a morning of fun interactive games and a delicious morning tea made by the Co-Op. Stay tuned for what is to come for next month's Morning Coffee Club.

Don't forget next Friday, 3 September, the Stargazing Night 'Narembeen Night Sky Wonders' is happening at the Oval where you can learn all about astronomy! We hope to see you there.

Enjoy the rest of your week!

Vanessa Wittstock
CRC Coordinator

Upcoming CRC Events 2021

- Mental Health First Aid: Wed, 1 + 2 Thursday, September, 9.30am
- Youth Photography Workshop: Wednesday, 1 September 3.00pm
- Stargazing Night: Friday, 3 September 5.30pm
- Youth Acrylic Pouring Workshop: Saturday, 4 September 11.00am
- Seniors Movie: Monday, 6 September 1.00pm
- Youth Photography Workshop: Wednesday, 8 September 3.00pm
- R U OK Day: Thursday, 9 September
- Jordan Sprigg Sculptures Presentation: Wednesday, 15 Sep 3.00pm
- Art Expo: Thursday, 16 September 5.00pm
- John Curtin Weekend (JCW): Friday + Saturday, 1 + 2 October

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www.narembeen.wa.gov.au

Narembeen Community Resource Centre

Narembeen CRC

Mental Health First Aid

- Two Day Accredited Course -

Wednesday 1 & Thursday 2 September 2021
9.30am - 4.30pm at the Narembeen CRC

Over 900,000 people across Australia have now been trained in Mental Health First Aid, become one of them.

What is covered in a Mental Health First Aid (MHFA) course?
Learn to recognise common mental health problems, how to provide initial help to someone experiencing a mental health problem, using a practical, evidence-based Action Plan, and how to respond in a crisis situation. During the course, participants have the opportunity to practice new skills in a safe environment.

Price: FREE

With thanks to the Wheatbelt Business Network and secured grant funding, we're delighted to be offering this course FREE of charge. The normal cost would be $275 pp.

BOOKINGS ESSENTIAL

Contact the Narembeen CRC
9064 7055
crcreception@narembeen.wa.gov.au

MENTAL HEALTH FIRST AID Australia

WBN WHEATBELT BUSINESS NETWORK

Narembeen Community Resource Centre
Your local connection

INSPIRATION STUDIO

BY DRUG AWARE

SERIES OF ART WORKSHOPS & ART EXHIBITION

FOR THE NAREMBEEN YOUTH
YEARS 5-10

PHOTOGRAPHY 1
ABSTRACT BLACK & WHITE

Facilitator: De Strange
Date: Wednesday, 01/09
Time: 3.00pm - 5.00pm
Venue: Pop - Up Shop
Snacks provided

ACRYLIC POURING

Facilitator: Shannae Jasper
Date: Saturday, 04/09
Time: 11.00am - 2.00pm
Venue: CRC
Lunch provided

ART EXPO

Date: Thursday, 16/09
Time: 5.30pm
Venue: CRC
Dinner provided

PHOTOGRAPHY 2
FLAT LAY

Facilitator: De Strange
Date: Wednesday, 08/09
Time: 3.00pm - 5.00pm
Venue: Pop - Up Shop
Snacks provided

SCULPTURE PRESENTATION

Facilitator: Jordan Sprigg
Date: Wednesday, 15/09
Time: 3.00pm - 4.30pm
Venue: CRC
Snacks provided

A SMOKE, ALCOHOL & DRUG FREE EVENT

DRUG AWARE healthway REGIONAL ARTS WA Narembeen Community Resource Centre

NAREMBEEN NIGHT SKY *Wonders*

FRIDAY, 3 SEPTEMBER 2021

NAREMBEEN OVAL | 6:30PM

BBQ DINNER & HOT DRINKS PROVIDED

PRESENTATION BY RICHARD TONELLO (FROM AES – ASTRONOMY EDUCATION SERVICES)

PROFESSIONAL ASTRONOMY TELESCOPES

LASER GUIDED TOUR OF THE NIGHT SKY

'There was always something new to be seen in the unchanging night sky' – FRITZ LEIBER

An Australian Government Initiative

Inspiring Australia

scitech

gravity discovery centre and observatory

Narembeen Community Resource Centre – Your local connection

Shire of Narembeen – Together we grow