

MHC Programme

	Thursday 2 nd August	Friday 3 rd August	Saturday 4 th August	Sunday 5 th August	Monday 6 th August	Tuesday 7 th August	
8:00 – 9:00		Breakfast					
9:15 – 9:30		Mindfulness					
9:30 – 11:00		Introduction to Mental Health Champions Inclusivity and Mental Health	What is Mental Ill Health	Stigma and Stereotypes	Having a Conversation	Participant Departure	
11:00 – 11.20	Break						
11.20 – 13:00	Participant Arrival	What is Mental Health?	What is Mental Ill Health Resilience	Gender and Mental Health	Challenges in Mental Health		
13:00 – 14:00		Lunch and free time					
14:00 – 15:00		Free time					
15:00 – 17:00	Day 1 Group starts 4pm. Welcome and getting to know each other	Recovery River Mindful Reflection	Comfort Zone Protective Factors	Cultural activity	Youthpass and Evaluation		
17:00 – 18:00	Freetime						
18.00 – 19:00	Dinner						
19:00 – 20:30	More getting to know each other... Lets stay safe	The Language of Mental Health	Self-care		Dissemination... What now?		
20:30 – 21:30	Free time						
21:30	Free time	Resource Sharing Evening	Organizations Fair	Freetime	Culture Night		