

2015 Mental Health Week

Join us this year for Mental Health Week 4–10 October to promote awareness about mental health and well-being for all. The Law Society Northern Territory is proud to present a program aimed to educate, engage and raise awareness about mental health issues and encourage those in the legal profession to integrate work/life balance practices into their workplace and everyday life.



The theme for this year's Mental Health Week is '**Celebrate, Connect and Commit**'. **Celebrate** collegiality. **Connect** with friends, family and with the community. **Commit** to learning something different –take on new challenges and contemplate to reduce stress. Being active, having a sense of belonging and purpose in life all contribute to happiness and good mental health. Your participation in this year's program will make a difference in the promotion of mental health and well-being in the legal profession.

Calendar of events

MON 5 OCTOBER CPD: EFFECTIVE PARTICIPATION OF VULNERABLE PEOPLE IN THE CRIMINAL JUSTICE SYSTEM



Presenter: Felicity Gerry QC
Where: LSNT Council Room: Level 3, 9 Cavenagh St, Darwin
Time: 1:00 pm to 2:00 pm
Cost: \$88.00 (GST included)
Register: [Click Here to Register for this Event](#)



TUE 6 OCTOBER CPD: KEEP CALM AND CHILL OUT – WALK THE WIRE: MANAGE STRESS



Presenter: Dr David Chapman
Where: LSNT Council Room: Level 3, 9 Cavenagh St, Darwin
Time: 1:00 pm to 2:00 pm
Cost: \$88.00 (GST included)
Register: [Click Here to Register for this Event](#)



TUE 6 OCTOBER **CORPORATE YOGA**



Instructor: Jennifer Yuen
Where: LSNT Council Room: Level 3, 9 Cavenagh St, Darwin
Time: 5:30 pm to 6:30 pm
Cost: **FREE**
Register: events@lawsocietynt.asn.au 0889 81 5104

Please wear comfortable clothing. BYO mats, with some mats provided.

WED 7 OCTOBER **TAI CHI & QI GONG EXERCISES**



Instructor: Sifu Kevin Walle, Australia Wu Tang
Where: LSNT Council Room: Level 3, 9 Cavenagh St, Darwin
Time: 5:30 pm to 6:30 pm
Cost: **FREE**
Register: events@lawsocietynt.asn.au 0889 81 5104

Please wear loose clothing and comfortable shoes.

THU 8 OCTOBER **WALK FOR WELLNESS, LED BY THE HON CHIEF JUSTICE TREVOR RILEY**



Where: Along the Esplanade. Meet outside the front entrance of the Supreme Court, State Square, Darwin.
Time: 7:30 am to 8:10 am
Cost: **FREE**
Register: events@lawsocietynt.asn.au 0889 81 5104

Please wear loose clothing and comfortable shoes and bring your own water bottle.

THU 8 OCTOBER **MINDFUL MEDITATION**



Instructor: Sue Erica Smith
Where: LSNT Council Room: Level 3, 9 Cavenagh St, Darwin
Time: 5:30 pm to 6:30 pm
Cost: **FREE**
Register: events@lawsocietynt.asn.au 0889 81 5104

FRI 9 OCTOBER

2015 MENTAL HEALTH WEEK BREAKFAST
Celebrate, Connect and Commit



“Working together towards a mentally healthy workplace”



Speaker: Dr Simon Moss
Where: Vibe Hotel Darwin Waterfront
Neptuna Room, Level 1, Kitchener Drive, Darwin
Time: 8:00 am to 9:30 am
Cost: \$88.00
Info: events@lawsocietynt.asn.au 0889 81 5104

Earn 1.5 CPD points in Core Competency in Practice Management and Business Skills (CB).

Online registration only

[Click Here to Register for this Event](#)

Music provided by **Murphys** – Glenn Bellis (acoustic guitar) and Serena Wegenar (flute).

Please indicate any dietary requirements by emailing:

events@lawsocietynt.asn.au

Breakfast menu

- Sliced seasonal fruit
- Natural + fruit yoghurts
- Selection of cereals + bircher muesli
- Basket of muffins, Danish pastries, croissants
- Toast (whole grain and white)
- Australian preserves, honey and butter
- Bacon, chipolatas, grilled tomato + scrambled eggs
- Hash brown potatoes
- Orange, apple and pineapple juice
- Continuous tea + Nespresso coffee

Mental Health Week breakfast raffle!

Raffle prizes to be drawn during 2015 Mental Health Week breakfast:

Two, three-month memberships for Timeout Fitness Centre, 100 Mitchell Street, Darwin



Hope to see you at the 2015 Mental Health Week breakfast!

Acknowledgments

The Law Society Northern Territory would like to thank the following presenters and instructors for sharing their valuable time and expertise in support of the 2015 Mental Health Week.

Felicity Gerry QC

Felicity has been recognised in Chambers and Partners as ‘a vastly experienced advocate noted for her experience in serious sexual cases, homicides and frauds. She has specialised in cases involving the most vulnerable witnesses and parties. She is Chair of the Research and Research Training Committee in the School of Law at Charles Darwin University. She is co-author of *The Sexual Offences Handbook*.

Dr David Chapman

David is Acting Consultant Psychiatrist with the Crisis Assessment and Triage Team of the Top End Mental Health Service. A teacher in a former life, he has some talents at developing teaching materials and enjoys the performance of teaching and watching the light of understanding come into people's eyes.

Jennifer Yuen

Jen teaches Corporate and Hatha Yoga in Darwin: Charles Darwin University (Gym), Fernwood Fitness and City of Darwin staff as part of their Workforce Wellbeing programs. Her relief classes include Timeout, Night cliff Fitness Works, Palmerston Aquatic and Lifestyle Centre and in Sydney where she trained and taught at Acharya's House of Yoga. She has regularly participated in the City of Darwin Council's 'ActivateNT' and 'ActiveLife@The Top' healthy lifestyle program which promotes personal and community wellbeing for Darwin residents.

Kevin Walle

Sifu Kevin is originally from Anchorage, Alaska, USA. He studied traditional Chinese Martial Arts for 20 years under Sifu (Master) Kurt Wong at the Wu Tang Kung Fu and Tai Chi Institute. He moved to Darwin in January 2006. Sifu Kevin is highly qualified in martial and general health Qi Gong as passed down to him via the Wu Tan lineage of Grandmaster Liu Yun-Qiao.

The Hon Chief Justice Trevor Riley

Chief Justice Riley was appointed Chief Justice of the Supreme Court of the Northern Territory in September 2010. Justice Riley joined the Northern Territory Bar in 1985 and was appointed as a Queen's Counsel in 1988. Justice Riley has led the 'Just Walk' for health and fitness activity for the last three years as part of the Law Society Northern Territory's Mental Health Week program

Dr Sue Erica Smith

Sue is a Senior Lecturer in the School of Education at Charles Darwin University. Her research interests include teachers' and students' wellbeing and resilience and the integration of mindfulness exercises into education. Sue is a member of the Australian Teachers of Meditation Association with more than 20 years' experience teaching meditation to children and adults.

Dr Simon Moss

Simon is an Associate Professor and psychologist at Charles Darwin University with a particular interest in how organisations can promote or damage mental health. He has published many books and studies on how changes to organisations – such as the strategies and structures can improve the brain functioning, wellbeing and productivity of individuals.