



**Consumers of
Mental Health WA**
Listen. Advocate. Change.



Mental Health Week 2025

Tomato Lake Reserve

Thursday 9th October, 10am – 1pm

Join us for a fun morning of activities to help build
connection and community

Including:

1.6km walking trail led by in-reach team
(commencing 10.15am)

Giant Snakes and Ladders

Various craft activities

Sausage Sizzle from 11.30am!

Or just come along for yarns and lunch
with CoMHWA staff, who will be at the
playground near the cafe all morning

**RSVP: admin@comhwa.org.au with any
dietaries or just come along on the day**

For more information, please contact
Elaine on 9258 8911



Mental Health Week 2025

Tomato Lake Cafe is located 34 Oats Street Kewdale
(Parking is available all around the park)



Look out for our banners and the familiar faces of CoMHWa staff, near the yellow star on the map!

If you are joining us for the walk, you will need to wear comfy shoes, and bring a hat and water bottle.



**Consumers of
Mental Health WA**
Listen. Advocate. Change.