

21- 25 March 2022

KNOW SHOW GROW *festival*

KNOW YOURSELF • SHOW YOURSELF • GROW YOURSELF

A mental health festival
by the people, for the people


- Workshops
- Speakers
- Experiences
- Community Block Party

Sunshine Heights
Primary School

 knowshowgrowfestival.com

 @knowshowgrowfestival





Monday 21st March

EVENTS

Know Yourself, Show Yourself, Grow Yourself

PROGRAM SCHEDULE

MONDAY 21st MARCH 2022



8:00AM - 8:45AM
SPECIALIST HUB
CANTEEN

Community Breakfast & Big Active

Join us for a community breakfast powered by Foodbank. Breakfast will be served along with an abundance of community spirit. Big Active will be on hand to get your day moving in the right direction too!

9:00AM - 10:30AM
LIBRARY

Preschooler Creative Art Workshops with Duke Street Community Childcare

Join staff from Duke Street Community Childcare, as they take preschoolers aged 1-5 on a creative journey with these art workshops!

9:30AM - 10:30AM
ART ROOM

Covid-19 Questions for Arabic Women with GenWest

An informative and engaging session for Arabic Women in language - come connect over tea and coffee, then have all your Covid-19 questions answered by GenWest.

10:00AM - 12:00PM
ES RESOURCE ROOM

NDIS Education with ADEC

Join ADEC for an informative session to help you build your knowledge and skills around NDIS and get services you or your loved ones need!

12:00PM - 2:30PM
KOROROIT CREEK BUG RUG


Adults Connection & Placemaking Workshop with Firekeepers & FoKC

Come connect with nature and help create a place to escape to at our beautiful Kororoit Creek with Firekeepers and Friends of Kororoit Creek



For detailed information & bookings -

www.knowshowgrowfestival.com



Monday 21st March

EVENTS

Know Yourself, Show Yourself, Grow Yourself



PROGRAM SCHEDULE

MONDAY 21st MARCH 2022

2:15PM - 4:00PM
OVAL

CMY Welcome Sports & Le Mana Pasifika Youth Workshop.

Come join Jay from the Centre for Multicultural Youth's Welcome Sports, Tyson from Le Mana Pasifika, as they take our YOUTH on a sporting journey to help move bodies and connect hearts through working together in soccer and rugby.

2:15PM - 3:15PM
ES RESOURCE ROOM

Toolbox Grade 6 Parent Information Session. Sponsored by Ardoch

For parents of students attending Ardoch Foundation schools, this workshop will introduce them to the Toolbox Program!

3:30PM - 4:30PM
GYM

Youth Leadership Workshop with Western Bulldogs Foundation

Join the Western Bulldogs Foundation facilitators as they empower youth (11-18) to see themselves as leaders in the community.

3:30PM - 4:30PM
LIBRARY

Self-care for Youth (10-25) with Headspace Sunshine

Come explore the core tenets of self-care for youth, aged 10-25, with an interactive and engaging workshop facilitated by Headspace Sunshine

3:30PM - 4:30PM
KOROROIT CREEK
BUG RUG


Family Storytelling & Nature Connection w. Mrs Ticklebottom & Firekeepers

Join in the family fun with this lively session down at our community's beloved Kororoit Creek. Firekeepers will get you moving in nature with games to ignite your senses and Mrs Ticklebottom will join the fun for a frolicking storytime adventure.

For detailed information & bookings -

www.knowshowgrowfestival.com





Monday 21st March

EVENTS

Know Yourself, Show Yourself, Grow Yourself



PROGRAM SCHEDULE

MONDAY 21st MARCH 2022

3:30PM -
4:30PM
ART ROOM

Creative Art Workshops for Kids with Duke Street Community Childcare

Join staff from Duke Street Community Childcare, as they take kids aged 5-8 on a creative journey with these art workshops!

4:30PM -
5:30PM
LIBRARY

What do I do? What do I say? Suicide Bereavement with Standby Support

Led by Standby Support, this workshop will help increase their awareness and understanding of suicide bereavement and support skills.

4:30PM -
5:30PM
GYM

Talking Money With Your Teenagers with Money Mentor

This workshop will teach parents and teens the 5 principles to help support teens' understanding of how to manage their money for future financial wellbeing.

4:30PM -
5:30PM
WELLBEING ROOM


How to Make 'Tiny' Changes in Your Life to Care for Your Wellbeing with Chris Egan

In this engaging workshop, Chris Egan will connect you with the Science of Wellbeing and offer a range of practical suggestions of how you might include some 'tiny habits' into your life to care for your wellbeing.

For detailed information & bookings -

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Monday 21st March

EVENTS

Know Yourself, Show Yourself, Grow Yourself

PROGRAM SCHEDULE

MONDAY 21st MARCH 2022



**5:30PM -
6:30PM**
ONLINE

Josette Mouawad Guest Speaker from Beyond Blue - TEENS. (Online)

Josette Mouawad is a mental health and lived experience advocate for Beyond Blue, and will be sharing their journey of hope, recovery and resilience.

**5:30PM -
6:30PM**
GYM

Mental Health in the Workplace with MASS' David Spargo

Join David Spargo from MASS as he helps people, leaders and staff to prevent, identify and respond to mental health in the workplace.

For detailed information & bookings -

www.knowshowgrowfestival.com






Tuesday 22nd March

EVENTS

Know Yourself, Show Yourself, Grow Yourself



PROGRAM SCHEDULE

TUESDAY 22nd MARCH 2022

8:00AM -
8:45AM
GYM

Morning Meditation with Venerable PT from Quang Minh Buddhist Temple

Come find your inner zen and start your day with absolute calm in this morning meditation with Venerable PT from Quang Minh Buddhist Temple.

9:00AM -
10:00AM
WELLBEING
ROOM

Dharma Talk on Stress with Venerable PT from Quang Minh Buddhist Temple

Discover the Buddhist teachings & philosophy on stress with this Dharma Talk, led by the Venerable PT from Quang Minh Buddhist Temple

10:00AM -
11:00AM
WELLBEING
ROOM

Sound Meditation with Jess from Journey to a Better Place

Join Jess from Journey to a Better Place as she takes you on an incredibly relaxing and connecting sound meditation.

10:00AM -
12:00PM
LIBRARY

ArtAbility® Introduction & Showcase with ADEC

Join ADEC to learn more about their ArtAbility® program and feast on a creative showcase. Could you be their next talented artist?

10:00AM -
11:00 AM
ES RESOURCE
ROOM

Understanding Anxiety in Children with Social Structures Psychology

Join psychologists from Social Structures Psychology for this informative session that will help you understand anxiety in children.



For detailed information & bookings -

www.knowshowgrowfestival.com



Tuesday 22nd March

EVENTS

Know Yourself, Show Yourself, Grow Yourself

PROGRAM SCHEDULE

TUESDAY 22nd MARCH 2022



12:15PM -
1:15PM
LIBRARY

Emotion Coaching for Kids Parenting Workshop with Mackillop Family Services

Join Mackillop Family Services for a journey to understanding Emotion Coaching for Kids and how you can use it to help your child regulate.

1:00PM -
3:00PM
GYM

Florence's Community Connection Choir

Join our local songbird, Florence, as she takes you on a lyrical journey through France and Portugal, learning songs and connecting. You'll have the opportunity to perform at the Block Party too!

2:15PM -
3:15PM
LIBRARY

Brimbank Learning Futures Information Session with Job Advocates

Join Job Advocates from Brimbank Learning Futures to find out about how they can help you on your pathway to employment.

2:15PM -
3:15PM
WELLBEING ROOM

Surviving Your Child's Big Emotions with Strengthening Parents Mackillop

Join the facilitator from Mackillop's Strengthening Parents Support Program to learn important strategies to survive those big emotions!

3:30PM -
4:30PM
GYM

Parent & Child Yoga with Bindu Creative Dance & Yoga

Come explore the relationship between parent and child in this mindful yoga class that will enhance connection and wellbeing.



For detailed information & bookings -

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Tuesday 22nd March

EVENTS

Know Yourself, Show Yourself, Grow Yourself

PROGRAM SCHEDULE

TUESDAY 22nd MARCH 2022



3:30PM -
4:30PM
ART ROOM

Comics with Lily

Join local artist, Lily Nguyen, for an excitingly creative comic making workshop for youth and adults, exploring what makes you uniquely YOU

4:00PM -
5:00PM
ES RESOURCE
ROOM

Exploring Alcohol Culture and its Impact with Western Bulldogs Foundation

Facilitated by Western Bulldogs Foundation, this workshop will help adults understand what 'alcohol culture' is and how it relates to them.

4:30PM -
6:30PM
WELLBEING
ROOM

Unity for Youth – Creating friendships across cultures with Centre for Multicultural Youth

Facilitated by Centre for Multicultural Youth, newly arrived youth are invited to connect and unite, creating friendships across cultures.

4:45PM -
5:45PM
GYM

Youth & Adult (18+) Yoga Workshop with Bindu Creative Dance & Yoga

Explore the calming and expanding fundamentals of yoga, and connect to yourself & others through movement, with Bindu Creative Dance & Yoga.

5:00PM -
6:00PM
ES RESOURCE
ROOM

Understanding Anxiety in Children with Social Structures Psychology

Join psychologists from Social Structures Psychology for this informative session that will help you understand anxiety in children.



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Tuesday 22nd March

EVENTS

Know Yourself, Show Yourself, Grow Yourself

PROGRAM SCHEDULE

TUESDAY 22nd MARCH 2022



6:15PM -
7:15PM
LIBRARY

Parent & Child Youth Sexual Health Session with Sexual Health Victoria

An informative and engaging parent and child youth sexual health session that will explore teen sexual health, consent and services!

6:20PM -
7:00PM
LIBRARY

Digital Community Spaces, eSafety and Self Care with 3020 Exchange

An informative and engaging parent and child youth sexual health session that will explore teen sexual health, consent and services!



For detailed information & bookings -

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Wednesday 23rd March **EVENTS**

Know Yourself, Show Yourself, Grow Yourself



PROGRAM SCHEDULE WEDNESDAY 23rd MARCH 2022

**8:15AM -
9:00AM**
GYM

P-2 Parent & Child Meditation with Lisa Zito from Still Life Meditation

Come calm your body and mind, and build a connection between parent and child, with this guided meditation session led by Lisa Zito.

**9:00AM -
10:30AM**
LIBRARY

Covid-19 Questions for CALD Women in Easy English with GenWest

Join GenWest for an informative and lively session in Easy English, exploring Covid-19 and its impact and all your questions answered!

**9:00AM -
10:00AM**
WELLBEING
ROOM

Caring for Yourself as a Carer Workshop with Carers Victoria

Join this hands-on and informative workshop with Carers Victoria, specifically for Carers to learn self-care techniques.

**10:00 AM -
12:00PM**
ES RESOURCE
ROOM

Mental Health Awareness for CALD Community with ADEC

Join ADEC for an safe, inclusive and informative session that will explore topics around mental health and wellbeing in CALD communities.

**12:30PM -
1:30PM**
WELLBEING
ROOM

Make & Take Salt Making Workshop with Julia from Body Botanicals

Treat yourself to the many benefits of salt on the nervous system with this uplifting make and take workshop with Julia from Body Botanicals



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Wednesday 23rd March

Know Yourself, Show Yourself, Grow Yourself



PROGRAM SCHEDULE WEDNESDAY 23rd MARCH 2022

1:30PM -
2:15PM
OVAL

Community Diversity Picnic Supported by Headspace Sunshine's YAG

Join us for a community diversity picnic, supported by Headspace Sunshine's Youth Advisory Group, to celebrate our community's beauty.

2:00PM -
3:00PM
KEYBOARD
MUSIC ROOM

Therapeutic Ukulele Session with Jen Hawley

Join Jen Hawley for an uplifting, therapeutic and inclusive ukulele session where you will share songs and stories and create music together

3:30PM -
4:30PM
ART ROOM

Creative Art Workshops for Kids with Duke Street Community Childcare

Join staff from Duke Street Community Childcare, as they take kids aged 5-8 on a creative journey with these art workshops!

3:30PM -
4:30PM
LIBRARY

Meditation for Teens & Adults with Lisa Zito from Still Life Meditation

Come calm your body and mind, and learn how to use your breathe, with this guided meditation session led by Lisa Zito.

3:30PM -
4:30PM
ES RESOURCE
ROOM

Positive Self-Talk and Empowerment Poetry (11-18) with Youth Junction Inc

Facilitated by Youth Junction Inc, tweens and teens will have the opportunity to learn positive self-talk through empowerment poetry.



For detailed information & bookings -

www.knowshowgrowfestival.com



Wednesday 23rd March

Know Yourself, Show Yourself, Grow Yourself

PROGRAM SCHEDULE

WEDNESDAY 23rd MARCH 2022



4:00PM -
5:00PM
WELLBEING
ROOM

Understanding Stress & its Impact with Jess from Journey to a Better Place

Join Jess from Journey to a Better Place, as this workshop takes a closer look at what stress is and the effect it has on our nervous system.

4:30PM -
5:30PM
LIBRARY

Mental Health & Wellbeing TEENS Book Club with the Chestnut Tree Bookshop

Join in this very special book club facilitated by Chestnut Tree Bookshop, where teens will delve into groundbreaking young adult novel - Euphoria Kids - from award-winning author, Alison Evans.

5:00PM -
6:30PM
ONLINE

Promoting Positive Body Image & Eating Behaviours Parent Workshop

Join Eating Disorders Victoria as they help parents to promote positive body image and eating behaviours with their children.

5:30PM -
6:30PM
GYM

Phuong Nguyen Guest Speaker from Centre for Multicultural Youth

Phuong will take YOUTH (10+) on a journey, using her personal experiences and stories to explore key concepts around identity, purpose & connection.

6:00PM -
7:00 PM
ONLINE

Emily Unity Guest Speaker from Beyond Blue

Emily Unity (she/they) is a mental health and lived experience advocate for Beyond Blue, sharing their journey of hope, recovery and resilience.



For detailed information & bookings -

www.knowshowgrowfestival.com



Thursday 24th March

EVENTS

Know Yourself, Show Yourself, Grow Yourself

PROGRAM SCHEDULE

THURSDAY 24th MARCH 2022



8:15AM -
9:00AM
OVAL

Parent & Child (Grades 3-6) Meditation with Lisa Zito from Still Life

Come calm your body and mind, and build a connection between parent and child, with this guided meditation session led by Lisa Zito.

9:30AM -
10:00AM
OVAL

Who Supports the Carer? Information Session on support with Carers Victoria

Who supports the carer? This will be the central question answered by Carers Victoria in this informative session that will help carers!

9:00AM -
10:00AM
LIBRARY

Who Supports the Carer? Information Session on support with Carers Victoria

Who supports the carer? This will be the central question answered by Carers Victoria in this informative session that will help carers!

9:30AM -
10:00AM
OVAL

Foodbank Mobile Market Truck - Session I

Come visit Foodbank's bespoke Mobile Market truck - for those in need - to top up on fresh fruit and vegetables to help feed our community.

9:30AM -
10:30AM
ART ROOM

Adult Process Art with Aasta

Led by the energetic Aasta, this workshop will take adults on explorative creative journey that will help them express themselves using art.



For detailed information & bookings -

www.knowshowgrowfestival.com



Thursday 24th March

EVENTS

Know Yourself, Show Yourself, Grow Yourself

PROGRAM SCHEDULE

THURSDAY 24th MARCH 2022



10:00AM-
10:30AM
OVAL

Foodbank Mobile Market Truck - Session 2

Come visit Foodbank's bespoke Mobile Market truck - for those in need - to top up on fresh fruit and vegetables to help feed our community.

10:00AM-
12:00PM
LIBRARY

Self-Advocacy for CALD communities with ADEC

Led by experts ADEC, will provide the CALD communities with information about advocacy and how to advocate for yourself or loved ones.

10:00AM-
12:00PM
ES RESOURCE
ROOM

Budgeting For Future Financial Wellbeing with Money Mentor

Facilitated by Money Mentor, this workshop will uncover key budgeting tools that adults need for future financial wellbeing.

10:30AM-
11:00AM
OVAL

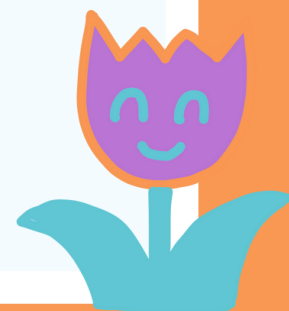
Foodbank Mobile Market Truck - Session 3

Come visit Foodbank's bespoke Mobile Market truck - for those in need - to top up on fresh fruit and vegetables to help feed our community.

12:00PM-
2:00PM
WELLBEING
ROOM

Headspace Family Peer Support Open Space with Anna

Need someone to talk to who has a lived experience of caring for and supporting a young person with mental ill-health? Want to ask questions about Headspace services? Come visit the Headspace open and safe space and have a yarn to family peer support worker, Anna.



For detailed information & bookings -

www.knowshowgrowfestival.com



Thursday 24th March

EVENTS

Know Yourself, Show Yourself, Grow Yourself

PROGRAM SCHEDULE

THURSDAY 24th MARCH 2022



**2:00PM-
3:15PM**
WELLBEING
ROOM

Headspace Family Peer Support Information Session with Anna

Facilitated by Anna, a family peer support worker from Headspace, you will discover the family peer support program and how it can help you!

**2:00PM-
3:15PM**
LIBRARY

Mental Health Info (Easy English) for Migrant & Refugee Women with GenWest

Join GenWest for an inclusive and safe session that will cover important mental health information, answer your questions and support you.

**2:30PM-
3:15PM**
GYM

Fitness & Wellbeing with Kevin McAlister from Lift Your Wellbeing

The Lift Your Wellbeing experience will showcase how 30 minutes of movement can positively transform your physical and mental health.

**4:00PM -
5:30PM**
THE ART ROOM

Diversity Collage Workshop for 12-24YO's with Liz from Studio Hibiscus

Have fun while you make your own unique collages representing your uniqueness, diversity and identity with Liz from Studio Hibiscus

**4:30PM -
5:30PM**
WELLBEING
ROOM

Make & Take Salt Making Workshop with Julia from Body Botanicals

Treat yourself to the many benefits of salt on the nervous system with this uplifting make and take workshop with Julia from Body Botanicals



For detailed information & bookings -

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Thursday 24th March

EVENTS

Know Yourself, Show Yourself, Grow Yourself

PROGRAM SCHEDULE

THURSDAY 24th MARCH 2022



5:30PM -
6:30PM
LIBRARY

Mental Health & Wellbeing ADULT Book Club with the Chestnut Tree Bookshop.

Join in this very special book club facilitated by Chestnut Tree Bookshop, where adults will connect with themselves and one another as they dive into the intriguingly dark and tender, Sorrow and Bliss by Meg Mason

6:00PM -
7:00PM
GYM

Goal Setting Activity with Asuria JVES and Western Bulldogs Foundation

Join the Western Bulldogs and Asuria to learn how to recognise your skills & set new goals. Learn more about job opportunities in the West!

For detailed information & bookings -

www.knowshowgrowfestival.com



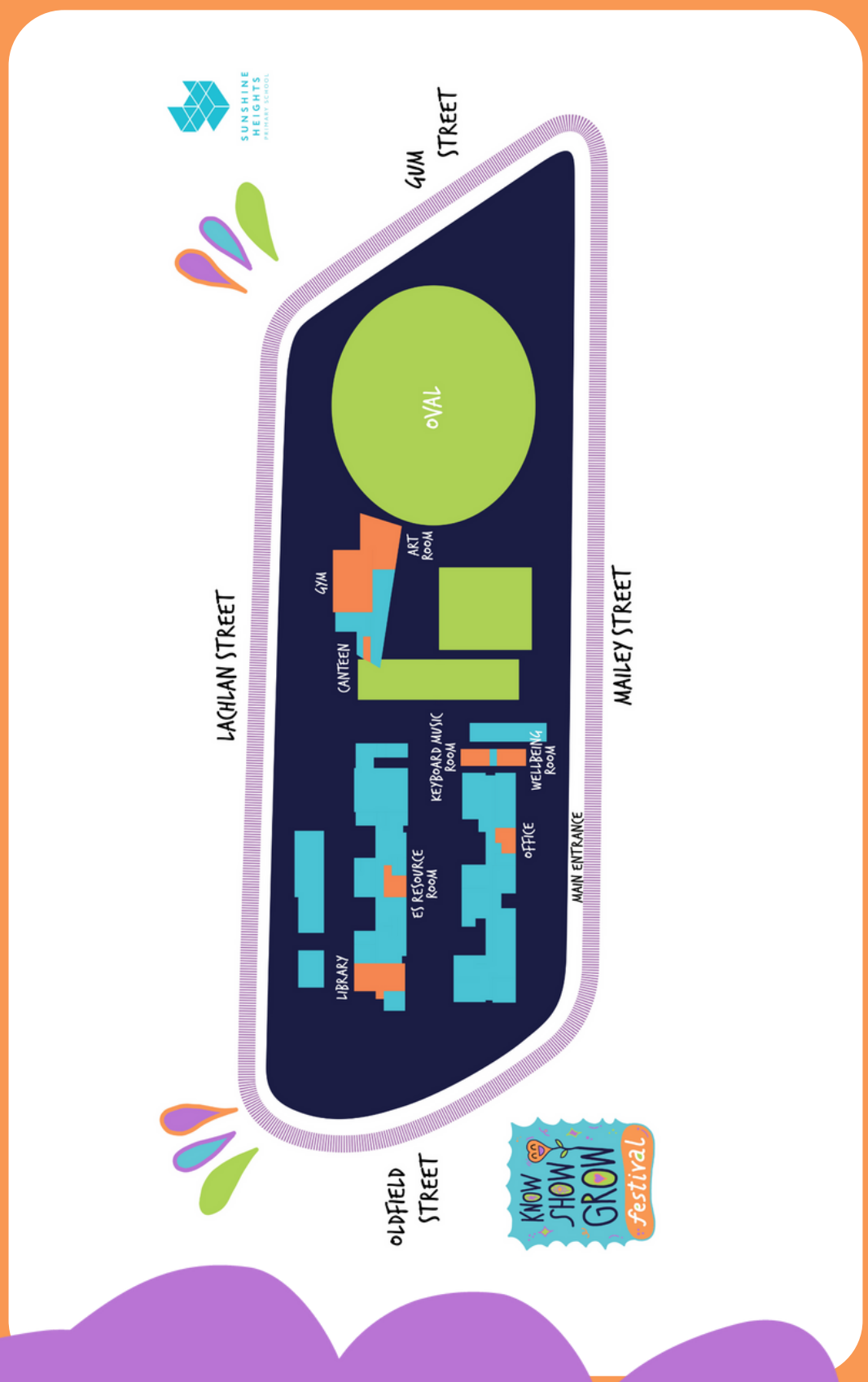
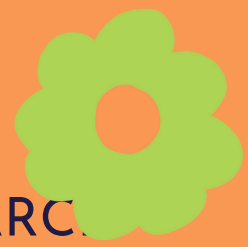


WORKSHOPS SITE MAP

Know Yourself, Show Yourself, Grow Yourself

WORKSHOPS SITE MAP

Monday 21st to Thursday 24th MARCH



For detailed information & bookings -

www.knowshowgrowfestival.com



KNOW YOURSELF • SHOW YOURSELF • GROW YOURSELF

COMMUNITY BLOCK PARTY

FRIDAY 25th MARCH 2022

A mental health festival
by the people, for the people

 knowshowgrowfestival.com

 [@knowshowgrowfestival](https://www.instagram.com/knowshowgrowfestival)

SMOKING CEREMONY & WELCOME TO COUNTRY
PERFORMANCES • FOOD TRUCKS • LIVE MUSIC • ACTIVITIES
MAKERS MARKET • LIVE FM BROADCAST • INFLATABLES
INTERACTIVE ART • COMMUNITY SERVICES SPACE



SUNSHINE
HEIGHTS
PRIMARY SCHOOL

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big
CHILD CARE

SUNSHINE HEIGHTS
PRIMARY SCHOOL



Community Bank
Bendigo Bank



Friday 25th March COMMUNITY BLOCK PARTY

Know Yourself, Show Yourself, Grow Yourself

COMMUNITY BLOCK PARTY

FRIDAY 25th MARCH 2022



On Friday 25th March, our community will come together to celebrate our uniqueness and wonder with a block party guaranteed to bring the magic. Sunshine Heights Primary School will be transformed into a universe filled with food trucks, performances and entertainment, experiences, creativity, a makers stands and community service booths.

On the main stage, you'll find our legendary MC - Greg Perkins from Big Childcare - bringing the hype. He'll be joined by guest speakers - the Mayor of Brimbank, Local MPs and Sunshine Heights PS Principal David Cocks. The festival will launch with a traditional smoking ceremony, Welcome to Country and didge performance by a Wurundjeri elder, before launching into hours of endless entertainment featuring:

- Our very own Sunshine Heights PS students flash mobbing en masse for Harmony Day
- Local Sunshine sisters, 2ndGlance
- Florence's community choir
- Sunshine College's Band
- Inkrewsive Hip Hop Crew
- DJ Joey Lightbulb
- And a very special guest appearance from Big Childcare's Mike the Monster

Around the stage, you'll find roving performances from Balloonatic Bruce, Princess on Skates, Ricky Resilient and Big Childcare's Mike the Monster.

But that's not all - there'll be interactive community art project with Maddy & Bea's Talking Tea Tent capturing our community's stories, a whole lotta games from Big Active and the Western Bulldogs Foundation, a compliments stand to bring the good feels, a photo booth so the memories will never fade, some epic inflatables, seed planting for Growing for Country and raffle with the Koorie Homework Club, art making with the ArtBus and face painting too! And we'll have LIVE FM broadcasting live with student-created and driven content that will capture all the good vibes.



For detailed information & bookings -

www.knowshowgrowfestival.com



Friday 25th March COMMUNITY BLOCK PARTY

Know Yourself, Show Yourself, Grow Yourself

COMMUNITY BLOCK PARTY

FRIDAY 25th MARCH 2022



Did we mention there'd be a lot of food? We've got a stellar line up of local foodies ready to serve up a delicious assault on your tastebuds.

Our food truck line up includes -

- MarsTown
- Ama's Delights
- Sweet Forbidden Journey
- Mr Fresh Truck's Gelati & Icecream
- Kilted Haggis
- Flaming Wheels Taste of Malaysia
- Bboy's Filipino BBQ
- Sunny Heights Sausage Sizzle

We can't have you eating in silence though, can we? Don't worry about that, we've got DJ Nashuan serving up the groovalicious beats while you eat. There'll be plenty of space at the oval for you to get the groove in your heart and your feet, or take a seat at the chill zone.

There'll be a Makers Space brimming with local makers, creators and artisans selling it all - diversity books, sensory toys, handmade facial products and scents, jewellery and tees, crocheted buntings, flowers and much more! We'll even have our very own merch stand there too, so you can snare yourself a Know, Show, Grow tee to mark the memories.

And don't forget to pay a visit to the 'OUR DREAM, YOUR VOICE' community project in the Specialist Hub Casa. Imagine a collaborative and inclusive community Wellbeing space at Sunshine Heights Primary School where everyday presented an opportunity for each of us to know, show and grow ourselves? What would it look like? That's our DREAM and we want to build it with you. Visit the Specialist Hub, rumble with the vision, and add your voice and ideas to the wall of creation. While you're there use the QR code to buy some merch. All profits will go directly to building the community Wellbeing space.



For detailed information & bookings -

www.knowshowgrowfestival.com



Friday 25th March **COMMUNITY BLOCK PARTY**

Know Yourself, Show Yourself, Grow Yourself

COMMUNITY BLOCK PARTY
FRIDAY 25th MARCH 2022



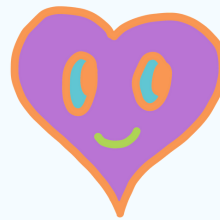
Most important of all, there'll be an abundance of community services at the Community Space so you can come find out what supports are out there, how you access them and what a community support eco-system looks like.

We can't wait to journey with you as you know yourself, show yourself and grow yourself.

This event will take place ACROSS THE SCHOOL GROUNDS at Sunshine Heights Primary School

For further information about the Know Yourself, Show Yourself, Grow Yourself Mental Health Festival, visit us at www.knowshowgrowfestival.com or on socials @knowshowgrowfestival

With love,
Know, Show, Grow Festival



For detailed information & bookings -

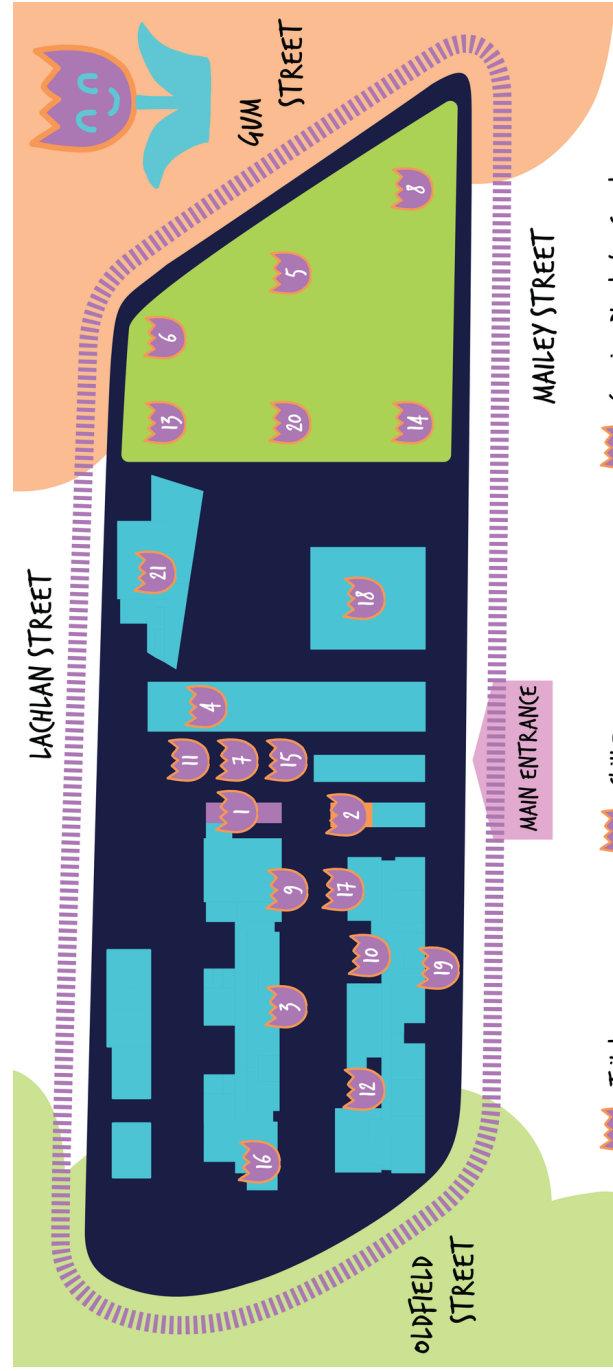
www.knowshowgrowfestival.com



BLOCK PARTY SITE MAP

Know Yourself, Show Yourself, Grow Yourself

BLOCK PARTY SITE MAP
Friday 25th March 2022



- | | | |
|-------------------------|-----------------------------------|-------------------------------|
| 1 Toilets | 8 Chill Zone | 15 Growing Plants for Country |
| 2 First Aid | 9 The artbus | 16 Live FM Broadcast |
| 3 Community Services | 10 Maddy & Bea's Talking Tea Tent | 17 300 Blankets Food Drive |
| 4 Music & Entertainment | 11 Face Painting | 18 Makers Market |
| 5 Food trucks | 12 Photo Booth | 19 The Recollective |
| 6 Big Active | 13 Inflatables | 20 Nathan Music |
| 7 Compliment Stand | 14 Western Bulldogs Foundation | 21 our Dream, Your Voice |



SUNSHINE
HEIGHTS
PRIMARY SCHOOL



For detailed information & bookings -

www.knowshowgrowfestival.com



IMPORTANT INFO

YOUR FESTIVAL EXPERIENCE

Know Yourself, Show Yourself, Grow Yourself

IMPORTANT FESTIVAL INFO

All you need to know.



FESTIVAL PARKING.

Please ensure you allow enough time to find parking when attending workshops and activities at the festival.

Parking on Mailey Street is limited by no standing signs during the day and we recommend parking on surrounding streets - Gregory Street and Simmie Street.

Parking will be limited on the evening of the Community Block Party and we recommend car pooling, walking or catching public transport where possible.

PUBLIC TRANSPORT

Sunshine Heights Primary School is situated in Sunshine West and is a lovely 22-minute walk from Sunshine Station.

Sunshine Station is located on the Sunbury line.

Buses #420, #471 and #427 depart Sunshine Station regularly and will drop you within a brisk walking distance from the school.

COVID-SAFE REQUIREMENTS

To ensure that the Know Yourself, Show Yourself, Grow Yourself Mental Health Festival is a covid-safe environment for all, we require all participants to play their part.

All participants must -

- be double vaccinated and show proof of vaccination at entries to events
- use QR codes and sign in sheets for all events
- wear face masks in all indoor areas
- maintain social distancing where possible
- stay home if you have any symptoms or are feeling unwell
- sanitise your hands before entering workshops
- practice hygiene throughout the festival



For detailed information & bookings -

www.knowshowgrowfestival.com