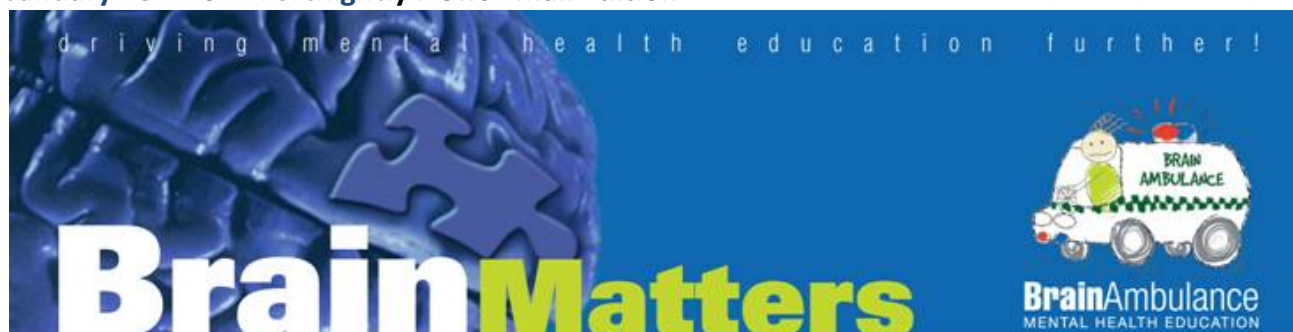


From: brain ambulance [deb@brainambulance.com.au]
Sent: Tuesday, 24 January 2012 12:28 PM
To: 'brain ambulance'
Subject: FW: Brain MATters Fortnightly Newsletter from the Brain Ambulance Jan 18th Edition 10

From: brain ambulance [<mailto:deb@brainambulance.com.au>]
Sent: Thursday, 19 January 2012 9:24 AM
Subject: FW: Brain MATters Fortnightly Newsletter from the Brain Ambulance Jan 18th Edition 10

January 18th 2012 Fortnightly News Email Edition 1



Introducing during February, the **BREAKDOWN BUNGALOW** in Mandurah. The **BREAKDOWN BUNGALOW** is the new depot for parking the **Brain Ambulance** and a new space for developing some concepts which will eventually include the **BREAKDOWN SHED**, the **LOST PLOT** veggie patch and the **BUNGALOW BUNKER**. There are two air-conditioned offices furnished and set up for counselling, etc and a small massage room complete with an electronic lift table. The offices and the massage room will be available for hire by individuals on a daily basis. This will provide the opportunity for counsellors, therapists, etc to rent a fully equipped space on daily basis without having to take out long leases. There will be three rates starting with just the room hire, room plus a bookings service and both these plus an accounts service. The whole concept of the **BREAKDOWN BUNGALOW** is the same as the Brain Ambulance – reduce stigma by using humour and take the mystery out of mental health and wellness by embracing it with real people who have lived the experience. Perth practioners, please consider the BUNGALOW for your occasional business as it is only 5 minutes to the train station. Please email any interest or queries to deb@brainambulance.com.au More information coming soon.... I'm still painting!



The Brain Ambulance website is getting a major re-jig to make it easier to use and in line with the new structure of our Planning Pathway for 2012. Both will be ready by the end of January.



Brain Ambulance now has **three Master Instructors** on the team. Fees for the MHFA course will remain the same for 2012. There will only be an increase of \$1 per person for the participant pack taking it to \$20 each.

Pause for a Ponder – Everyone kept asking me what my new year's resolutions were and I was feeling quite pressured to think of something smart and wonderful. Actually, the thing I came up with was so simple that I have started the new year with a lovely sense of purpose, calm and intention. I just decided to adopt for 2012 the ponderings of Joseph Addison – Three grand essentials to happiness are something to do, something to love and something to hope for. Enjoy your next pondering.....



Highly recommended – Next time you are in the video shop, check out a DVD in the comedy weekly session called Mary & Max. It is an animated Australian production that brilliantly covers mental health problems in a very funny and clever way. It has everything from panic attacks, depression, suicidal thought and agoraphobia.... A bit to hard to explain but well worth a look ...

Please email 'unsubscribe' if you do not wish to receive this newsletter

See you in your inbox on Feb 1st for Brain Matters Edition 11

DEB REVELEY Master Instructor MHFA & YMHA	A cartoon ambulance with a smiling face, labeled 'BRAIN AMBULANCE'.	m 0417 181 462 f 08 9582 9741 e info@brainambulance.com.au w www.brainambulance.com.au PO Box 1325 Mandurah Western Australia 6210 ABN 68 420 615 116
BrainAmbulance MENTAL HEALTH EDUCATION		

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