



Conversations With Salisbury Seniors

Join us for our next conversation on the topic:

Navigating Big Life Transitions: *Finding Ways to Move Forward*

Tuesday 29 November | 9.30am to 12.30pm

Salisbury Community Hub (John Harvey Hall), 34 Church Street, Salisbury

We have some great guest speakers coming along to guide us through this topic. Enjoy a chat, whilst getting the latest research, as well as learning about local options to get involved and connect.

Rod Quintrell will discuss some common, big life transitions and explore the process of what can be experienced internally.

Mel Lambert from Think Human will share learnings from running the “Mindset for Life” program including what helps people navigate life transitions.

Bookings essential at www.salisbury.sa.gov.au/cotaconv or 8406 8525

Please note, these events are being held in line with Council’s management of the COVID-19 pandemic and is subject to any changes in directives provided by the State Government and SA Health. Please avoid attending face-to-face events if you feel unwell.

Conversations with Salisbury Seniors



These popular conversations with Salisbury seniors commenced in October 2015 with an initial forum around Housing. This collaborative initiative between the City of Salisbury and COTA SA delivers two engaging conversations with local seniors each year. Through these conversations the team aims to:

- Provide specialist information on a range of topics that directly impacted on the lives of older people living in the northern region
- Engage and build the knowledge of a broader group of community members, enhancing participation in their local community
- Provide a forum for COTA SA and the City of Salisbury to hear directly from older people their experience and perspectives on the issues raised
- Enable COTA SA and City of Salisbury to utilise the information and views of older people to inform policy direction and the work undertaken by these organisations

Stay up-to-date with the latest information by going to
www.salisbury.sa.gov.au/cotaconv