

FREE WORKSHOP

Taking Care of Your Mental Health

This workshop focuses on what is mental health, recognising the importance of mental health and wellbeing, and the importance of taking care of your own mental health and wellbeing. Through discussion and activities, participants will have an opportunity to explore and make sense of recent life stress or crisis and ways to look after themselves.

Wednesday 21 October

10AM to 12PM

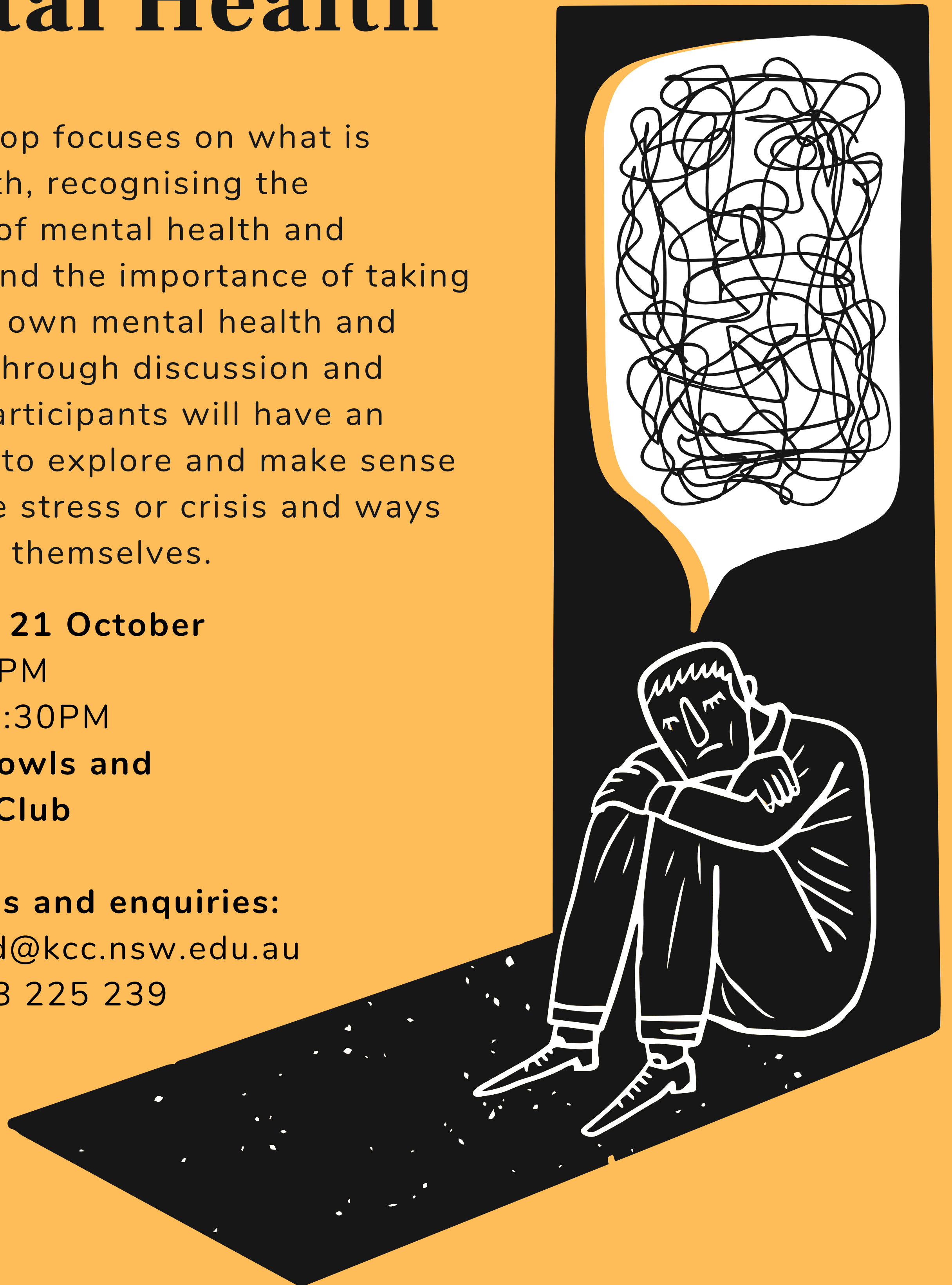
5:30PM to 7:30PM

**Jamberoo Bowls and
Recreation Club**

For bookings and enquiries:

Suzette.laird@kcc.nsw.edu.au

Or text 0418 225 239



Health
Illawarra Shoalhaven
Local Health District



Lifeline
South Coast