

# Navigating tough times FREE WORKSHOP



**Do you want to learn how to identify, understand and assist people experiencing stress?**

## Rupanyup

Date: Tuesday 8th October  
Time: 6pm for a 6:15pm start  
Meal: Dinner will be provided  
Venue: Rupanyup Memorial Hall Supper Room  
Cromie Street Rupanyup  
Cost: FREE  
RSVP by: 1st October 03 5363 1200  
or [rhiannon.adams@wwhs.net.au](mailto:rhiannon.adams@wwhs.net.au)

## Goroke

Date: Wednesday 9th October  
Time: 7am for a 7:15am start  
Meal: Breakfast will be provided  
Venue: Goroke Community Health Centre  
54-62 Natimuk Rd Goroke  
Cost: FREE  
RSVP by: 1st October 03 5363 2201  
or [joanna.werner@wwhs.net.au](mailto:joanna.werner@wwhs.net.au)

We are looking for farmers, community members, service providers and agricultural industry representatives who want to learn more about developing skills to equip them to better deal with the stressors of life and increase their capacity to help community members and farmers navigate ongoing seasonal challenges.

Suitable for adults who would like to learn some new skills to support family, friends, colleagues and clients experiencing stress.

**Spaces are limited - REGISTER NOW**



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