

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

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

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