



Farming & Agricultural Communities

Mental Health & Wellbeing

Cost Free Workshop

Mental Health & Community Alcohol Drug Service are pleased to be offering this program facilitated by Rural & Remote Mental Health.

This workshop is open to **ALL** members of the community.

Wednesday 14th June 2017

8.45am – 12.30pm

Department of Agriculture & Food

20 Gregory Street, Geraldton.

The workshop is designed to:-

- Increase your awareness & improving your understanding of mental health issues.
- Give you the confidence & some strategies to help preserve your own mental health and that of family and friends.
- Direct you to some pathways to help yourself, your family and friends.

Please contact Robyne Condon to register attendance or for further inquiries - **9956 2424** or **robyne.condon@health.wa.gov.au**