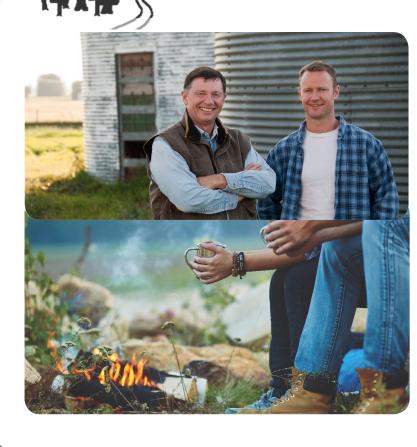
Tarcutta Valley Landcare





This 3 hour short course covers:

- stress impacts and coping techniques
- communications skills
- signs a person may be struggling with their mental health
- finding and providing help
- how to help someone at risk of suicide
- and more.....

MENTAL HEALTH INFORMATION WORKSHOP



MONDAY 23 OCTOBER 6:30PM - 9:30PM (dinner provided)



WHERE: TARCUTTA RSL, 45 Sydney Street, Tarcutta.



COST: free.



RSVP by Friday 20th October to: mgorham@mli.org.au