

“Bouncing Back from Adversity Focusing on Health, Wellbeing and Resilience”

You are invited to a community session
on

Sunday, 14 June
from 4pm

at the Ruffy Fire Shed
to be followed by a BBQ dinner

This one hour interactive session will include:

- *How to make sure your mates are okay**
- *How to better look after yourself**
- *Where to access support and assistance**
- *Risk and preventative factors**
- *Understanding what actions we can take
that lead to better mental health and wellbeing**

RSVP: to assist with catering please advise if you are able to attend

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