



CLUBS WITHOUT BORDERS

MENTAL HEALTH AWARENESS WORKSHOP

Presented by Cherie Burton, former NSW Minister for Mental Health



LEARNING OUTCOMES:

- ▶ Strategies in managing the wellbeing of yourself, your staff and your community
- ▶ Understand the warning signs, triggers and range of support that is available
- ▶ Learn how to initiate an open conversation around mental health and reduce the stigma and current attitudes

Build your confidence to better serve your community!

PRICE \$325 + GST*

10AM-2.30PM (INCLUDES LIGHT LUNCH)

BOOK NOW

See website for current dates or contact us to arrange private training (min. 10 people).

Conducted in line with COVID-19 safety measures.

*Price may vary between different states. Speak to us to discuss your requirements today.