

MENTAL HEALTH & WELLBEING

HOTEL MENTAL HEALTH

It takes a village to raise a child and it takes a community to support someone with a mental health issue.

A community check-in:

- Head & shoulder massages
- Yoga & meditation
- Flying doctors youth BBQ
- Life coaching & counselling
- Art Therapy
- RAW: Older person MHFA*

*Registration is required

→ We all have a role to play...

All ages event

7-11 October 2019
Contact RCH for times
03 6473 1497

Where:

Rosebery Community House, 8 Agnes St

For more information visit: anglicare-tas.org.au/MHW2019

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Mental
HEALTH
WEEK
>2019