

CORES™ Queensland

Community Response to Eliminating Suicide



SELF CARE & MENTAL WELL-BEING WORKSHOP

This two-hour self-care and mental wellbeing workshop will provide the skills and resources to develop an individualised self-care and mental wellbeing plan that encompasses activities to enhance physical, emotional and mental health on a daily basis.

The workshop will explore the concept of self-care and mental wellbeing, how to identify personal signs of stress and simple strategies that can be used to manage individual stress levels on an everyday basis. You also have the option to add yoga and meditation to the session.

Where: Oasis Townsville
1 Staging Camp Av, Oonoonba, 4811

Cost: Free

When: Friday 27 May 2022

Time: 9:00 AM – 11:00 AM

Enquiries: adminqld@kentishrc.com.au

Phone: 0448 894 525

RSVP: <https://bit.ly/3uvdusV>

“By the Community For The Community”



CORES™
Community Response to Eliminating Suicide

Supported by
phn
NORTHERN QUEENSLAND
An Australian Government Initiative