

# TROPICAL LAUGHS

Supporting mental health  
through humour

## The Laughter Clinic

FOR THE TOWNSVILLE COMMUNITY

**Discover why your unique sense of humour is a potent self-care tool  
for coping with stress.**

Hear from Mark McConville, Australia's only full-time professional  
comedian with a master's degree in Suicidology.

Enjoy Mark's presentation, plus a panel Q&A.

**FRIDAY 2 AUGUST 2024 | 6.30PM - 8.30PM**

### Denise Glasgow Performing Arts Centre

Pimlico State High School - 55-77 Fulham Road, Pimlico  
(parking available along Fulham Road & Hugh Street)

Food and drinks to purchase

Limited seats, please book ahead

Group bookings are welcome

Mark offers a unique perspective on mental health as he  
also draws on over 15 years of lived experience battling  
and overcoming depression. This insightful presentation  
offers the perfect balance of humour and laughter with  
easy to remember mental health self-care strategies  
and take away messages.



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