



“NO BULL” SUPPORT WORKSHOP

**SUPPORT FOR RURAL
COMMUNITY MEMBERS AND
THOSE WHO SUPPORT THEM**

You are invited to join us for a relaxed workshop to discuss a range of ways to look after yourself and support those around you including:

- Greeting and listening
- Awkward conversations
- Being supportive
- Caring for yourself
- Understanding stress, anxiety and depression
- Resources to help and refer to

About the facilitator: Ruth Turpin is a Campaspe resident and former teacher with more than 10 years' experience in delivering mental health support programs to the community.

RSVP: By Monday September 2, 2019 to Jenny Pendlebury at City of Greater Bendigo by email to j.pendlebury@bendigo.vic.gov.au or call 5434 6479.

**FRIDAY
SEPTEMBER 6**

10.00am – 1.30pm

**Elmore Community Hub
4 Clarke Street, Elmore**
*formerly Elmore Senior
Citizens Club*

Free to participants

Morning tea and two course
lunch provided