



and

LOVE ME LOVE YOU

AS WE CONTINUE TO STRENGTHEN OUR COMMUNITY PARTNERSHIPS, WE WELCOME YOU TO COME ALONG TO A SESSION RAN BY THE LOVE ME LOVE YOU FOUNDATION.

Love Me Love You aims to create positive change in the mental health and wellbeing outcomes of our community and challenge the views and stigmas surrounding mental health.

WELFARE WARRIOR TRAINING

May 2nd, May 11th, May 18th (via Zoom)

June 1st, June 6th, July 13th (via Zoom)

6pm-9pm @ Windy Hill

AS A WELFARE WARRIOR YOU WILL DEVELOP A GREATER UNDERSTANDING OF HOW TO TACKLE THE CHALLENGES ASSOCIATED WITH MENTAL HEALTH.

PARTICIPANTS WILL GAIN AN UNDERSTANDING OF HOW TO EFFECTIVELY COMMUNICATE WITH SOMEONE REGARDING THEIR MENTAL HEALTH WHILE LEARNING KEY SELF-CARE STRATEGIES.

PARTICIPANTS ALSO WALK AWAY WITH A TOOL KIT OF RESOURCES, SKILLS AND RESEARCHED BASED STRATEGIES THAT HELP FOSTER A POSITIVE CHANGE IN THE MENTAL HEALTH OUTCOMES OF YOUR WORKPLACE OR COMMUNITY.

TO SECURE YOUR PLACE FOLLOW THE BOOKING LINK BELOW:

[HTTPS://WWW.SURVEYMONKEY.COM/R/ZK8T2K8](https://www.surveymonkey.com/r/ZK8T2K8)



www.lovemeloveyou.org.au