

Vamos Conversar!

Are you concerned about someone you care about?
Do you know how to talk to them about their
mental wellbeing?

Join our free GoodYarn workshop to learn all about
mental health, how to protect it, and how to talk to
someone you are concerned about.

Sunday 19th Sept

1pm-4pm

Plunket, 8 Henry Street, Queenstown

For more information visit **www.southernwellbeingtrust.org**

Bookings are essential. To book please email Mary Mansell

info@southernwellbeingtrust.org