



reTHiNK.org.nz

FREE Mental Distress Workshop

Kia Ora, Warm Greetings, Kia Orana, Malo e lelei, Bula Vinaka, Namaste, السلام عليكم, 你好

Participants will:

- **Increase** their **awareness** of mental distress, unconscious bias and social inclusion.
- **Explore** how **attitudes and assumptions** impact mental distress.
- **Learn strategies** to respond effectively.
- **Build confidence** through practice using a framework to help guide conversations with people experiencing mental distress.
- **Explore self-care** tools.

Who is this for?

- **People who work, or volunteer** with those who may be **vulnerable to housing-loss**, and have **no formal training** in supporting others experiencing mental distress.

What to expect?

- Limited 20 spaces to individuals from community groups.
- This is a special combined one-day workshop.
- A light lunch will be provided.
- Each participant will receive a certificate of attendance hours. CPD credits for those registered with Australasian Housing Institute.
- Appropriate COVID-19, levels, distancing and hygiene respected.
- This training is free. No cost to attend.
- FREE 20-minute post-workshop catch-up/reflection Zoom session we hope participants can prioritise.

Other ways to register?

- **Yes!** Our friendly Rethink team can register you over the phone. **T:** 09 6305909 **ext** 9834
M: 027 RETHINK (738 4465)
E: rethink@mindandbody.co.nz

Please Note: All bookings are on a 'first in' basis. The fastest way to secure a seat is through the Eventbrite website.

MANUKAU AUCKLAND

Mahitahi Trust
15a Ronwood Avenue,
Manukau, Auckland.

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SEPTEMBER

10am-2:30pm

Please arrive at 9:45am to sign in.

Register Now!



SCAN ME

Or copy the eventbrite link below
into your browser:

URL: <https://bit.ly/3m4lYkI>



Does your organisation have 12-20 people who would benefit from this workshop? Do your staff/volunteers come into contact with people vulnerable to housing-loss? Enquire today about our FREE in-house training.