

From surviving to thriving

Coping with life's challenges

Free

**Monday
5 October**

**Online
presentation
7pm to 8.30pm**

Learn how to cope with life's challenges whether it's a worldwide event like the COVID-19 pandemic; a personal tragedy; or the trials we face every day.

Dr Lucy Hone, Co-Director of the New Zealand Institute of Wellbeing & Resilience draws on her personal and professional experience to share evidence-based strategies to build resilience.

How to book

Bookings essential via Trybooking: www.trybooking.com/BLDQG

Bookings closed Monday 5 October, 4pm. Once you have booked, an email will be sent to you an hour before the event begins with a link.

More information

Visit Maroondah City Council's website at www.maroondah.vic.gov.au

Please call Fiona Burrridge, Social Planning and Development Officer, Maroondah City Council on 1300 88 22 33 or 9298 4598.

If you need urgent assistance contact Lifeline on 13 11 14 or visit lifeline.org.au

As part of a Local Government Health and Wellbeing Series, this event is brought to you by:



Maroondah City Council



CityofMaroondah



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Maroondah City Council

1300 88 22 33 or 9298 4598
www.maroondah.vic.gov.au

**Bookings
essential**



Dr Lucy Hone