



**LIFESTYLE &
WELLBEING**

MENTAL HEALTH 101: STRESS AND ANXIETY

The editor and founder of Parent Guides, Eileen Berry, with special guests from headspace and PoPsy, will inform and spark open, honest and meaningful conversations with parents around all-things Mental Health. Free event - Bookings essential - Visit www.bunjilplace.com.au/mental-health-101

Free event, bookings essential.

See tinyurl.com/cclevents for more events.

BUNJIL PLACE STUDIO

Patrick Northeast Drive, Narre Warren

Thursday 28 March

• 7:00 PM to 8:30 PM



Casey
Cardinia
Libraries

ccl.vic.gov.au