

Mental Health



Awareness Month

Online programs focussing on mental wellbeing

**Free
Bookings
essential**

To help raise awareness around mental health and learn about mental wellbeing strategies, we are offering a series of free online programs:

Tuesday 13 October

Introduction to Mindfulness

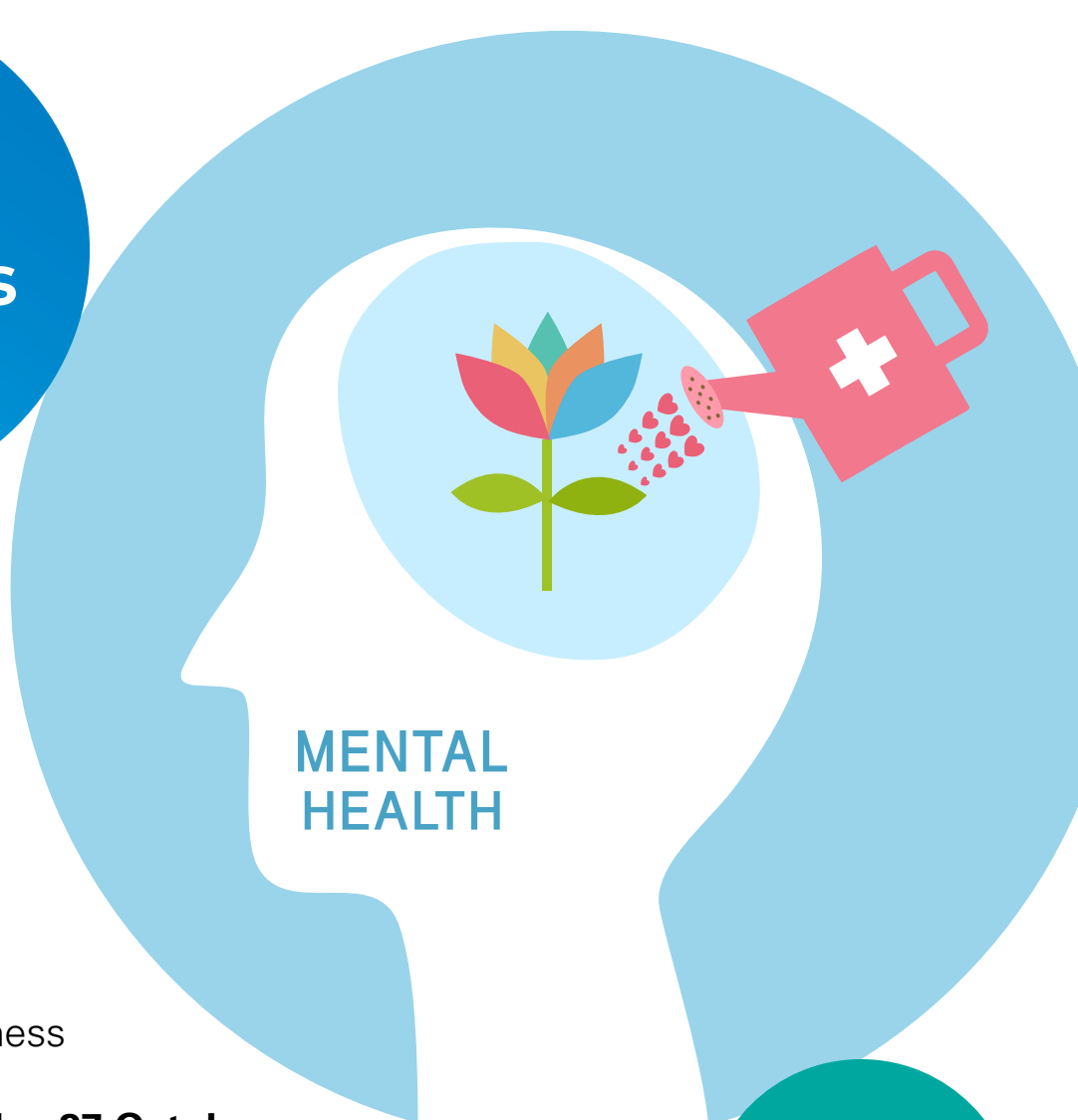
Tuesday 20 and Tuesday 27 October

Mental Health First Aid training

Wednesday 21 and Wednesday 28 October

Mental Health First Aid training

Please turn over for the full program and details on how to book.



Did you know?

One in every two Australians is more stressed due to COVID-19 with many people impacted by anxiety and fear. Take this opportunity to learn more about mental health and wellbeing by attending one of our free sessions.

Introduction to Mindfulness	Mental Health First Aid training Two day program*	
<p>Tuesday, 13 October 2pm to 3pm</p>	<p>Tuesday, 20 October Tuesday, 27 October 9.30am to 12 noon</p>	<p>Wednesday, 21 October Wednesday, 28 October 12.30pm to 3pm</p>
 <p>Facilitated by: Narissa Doumani</p>	 <p>Facilitated by: Nicole Turner</p>	
<p>Narissa Doumani is a Community Rehabilitation Support Worker with the LifeConnect suicide prevention program.</p> <p>She first learned about mindfulness while living in Thailand sixteen years ago, when during a stressful time the practice transformed her state of mind and restored her to wellness.</p> <p>Narissa has studied with senior meditation teachers of the Thai Forest Tradition (a formal faction of Thai Buddhism) and is now thrilled to share mindfulness practices with the community to support good mental health and wellbeing.</p> <p>Explore a variety of mindfulness practices and how to bring them into everyday life.</p> <p>Establish present moment awareness and be guided in mindful breathing techniques.</p>	<p>Nicole Turner has over 25 years experience in the areas of gender based violence and mental health, and coordinated the Victoria Police Mental Health First Aid program.</p> <p>The workshops will increase your knowledge of mental health first aid, including:</p> <ul style="list-style-type: none"> • how to recognise the signs and symptoms of mental health • how to give appropriate initial help and support. <p>Please note, you must be available to attend both training sessions.</p> <p>You must be aged 18 or older and be volunteering with the Maroondah community, including involvement with community groups, sporting groups, churches or interest groups.</p> <p>Upon completion of your training, you will receive a 3-year Mental Health First Aid Accredited Certificate from Mental Health First Aid Australia.</p>	
<p>Bookings</p> <p>www.trybooking.com/BLEEG</p> <p>Bookings close: Sunday, 11 October</p> <p>A link to the event will be provided on the day of the event to those who have booked.</p>	<p>Expressions of interest</p> <p>Successful applicants will be required to complete 5 to 7 hours of online training before commencing the course.</p> <p>www.maroondah.vic.gov.au/MHtraining</p> <p>Expressions of interest close: Wednesday, 30 September</p>	



For more information
Please call Fiona Burrige, Social Planning and Development Officer, on 1300 88 22 33 or 9298 4598.



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



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