

FREE SESSIONS

Ballarat Community Health

Looking after your mate

A practical session about supporting mates through tough times

Sometimes a mate doesn't seem like themselves. Maybe they've gone quiet, stopped turning up, become more withdrawn, angry, flat, or overwhelmed.

Sessions are free and held in a safe and confidential space. Everyone is welcome, family and friends text or phone bookings essential. Numbers are limited.

A relaxed and free community session

- Notice when someone may be struggling
- Check in and start a conversation
- Listen without judgement
- Support safely and confidentially
- Connect mates with local support
- Look after yourself too

Session Dates & Locations

Djila-tjarriu Community Hub

18 Donegal Drive Alfredton
Tuesday 30th June 2026
10.30am-11.30am

Vickers Street Community Hub

254 Vickers Street Sebastopol
Monday 6th July 2026
10.30am-11.30am

Lucas Community Hub

17 Coltman Plaza Lucas
Wednesday 8th July 2026
10.30am-11.30am

Book now for a free session

Text or call Andrea (Facilitator) 0409 798 762

