

A close-up photograph of a woman with long dark hair, wearing a pink beanie and a pink top. She is smiling broadly, showing her teeth. She is holding a pink frosted donut with colorful sprinkles over her right eye. The donut has two white icing eyes with brown pupils. The text 'RUOK?' is overlaid in large, bold, black letters across the center of the image, with the 'U' partially obscured by the donut.

RUOK?

A conversation could change a life.

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Dr. Michael Carr-Gregg

As one of Australia's leading psychologists in the area of Youth Mental Health, Dr. Michael Carr-Gregg, followed by a panel of experts, will address our growing need to support our youth's mental health. The young people of our society are crying out, and it's our responsibility as parents, carers, teachers and leaders to take the necessary steps, through awareness and education, towards being positive supporters and agents of change in the next generation's mental health.

An **RUOK?** event

presented by

**EPIC Youth and
CityLife Community Care**

7-10pm
Thursday
13 Sept

\$15 - Sign up online

 **CityLife Church**

1248 High Street Road
Wantirna South VIC 3152

citylife.church/RUOKDay

