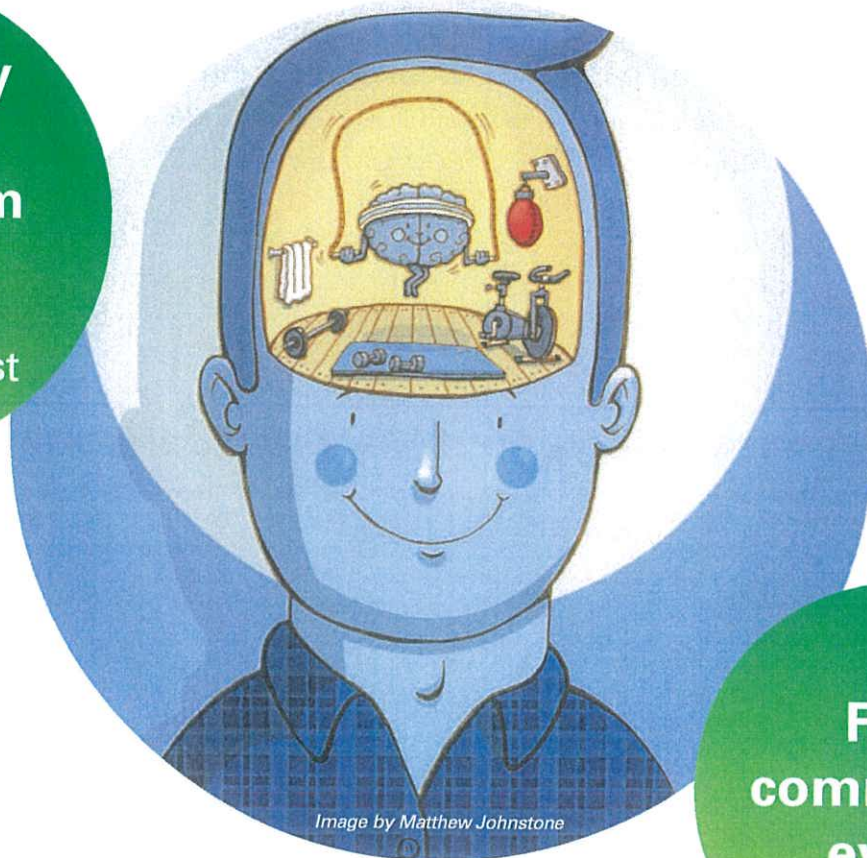


StressLess

And look after your mental wellbeing

**Wednesday
9 October
7pm to 9pm**
Karralyka
Mines Road,
Ringwood East



**Free
community
event**

Join author, illustrator and presenter,
Matthew Johnstone, to explore:

- proven methods to reduce stress
- tips on how to manage anxiety
- understanding mindfulness
- how to lift your mood.

You will also have the opportunity to speak with local service providers including an animal therapy specialist and a variety of healthy lifestyle providers.

Book online by Monday 2 October
www.maroondah.vic.gov.au/StressLess



Meet our guest speaker

Matthew Johnstone is a well-known author, illustrator, and public speaker. He has combined his own experience living with depression and his creative background in advertising. He has written a series of simple books with his most well-known *'I Had A Black Dog: It's Name Was Depression'* becoming the basis of a World Health Organisation campaign about depression. His latest book is *StressLess - Proven Methods to Reduce Stress, Manage Anxiety and Lift Your Mood (2019)*.



Matthew Johnstone

As the former Creative Director at the Black Dog Institute, Matthew's work involved developing various creative, educational programs on understanding mental health, mood disorders, mindfulness and resilience for schools and the workplace.

What people are saying about Matthew Johnstone

"The topics he spoke about are relevant to all of us in our everyday lives."

"He engages audiences big and small with warmth and authenticity as he shares his own story."

"His illustrations are simple and powerful and add visual stimulation."

"He skillfully shed light on the topic of mental health in a way that was accessible and engaging to such a diverse audience."

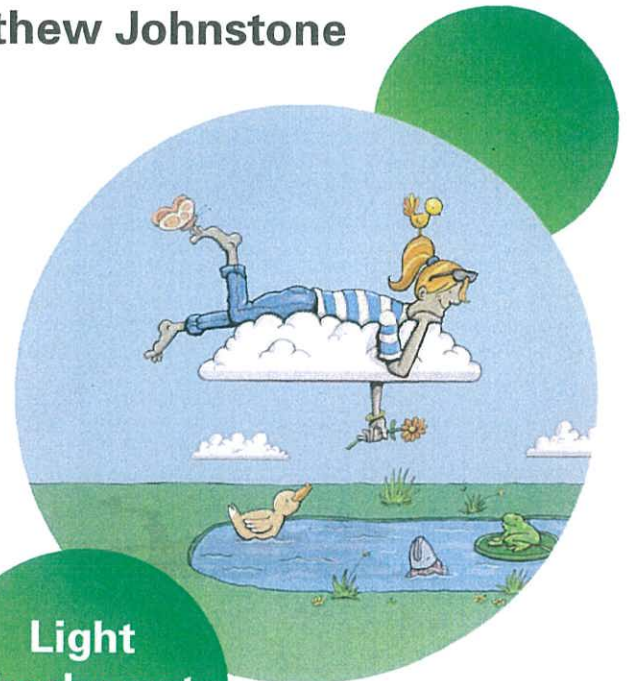


Image by Matthew Johnstone

Light refreshments provided

For more information

If you require support to attend this event contact Fiona Burrige, Community Development Officer, on 1300 88 22 33.

The event is being held in partnership with



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

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



Maroondah City Council



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