

Parent Information Night

Mindfull Aus

Mental Health – Matt Runnalls



DATE

Tuesday 24th March

TIME

7pm – 8.30pm (includes Q&A)

LOCATION

Bayside Church
99-101 Argus St, Cheltenham VIC 3192

COST

Free

AUDIENCE

Parents, Guardians and Carers



Kingston Youth Services welcome Matt Runnalls from Mindfull Aus to the next Parent Information Night.

Matt will share in-depth knowledge of mental illness and educate on how best to support young people experiencing mental illness and symptoms to look out for. Matt equips individuals and communities with the tools, techniques, strategies to support young people, ensuring that they can get back on the road to wellness and living a healthy, happy and fulfilling life.

Free. Booking essential. **Tickets:** <https://www.eventbrite.com.au/e/parent-information-night-mindfull-aus-matt-runnalls-tickets-98124171037>

Any questions please contact:
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