

Boost your mental health

Using your strengths to improve your mental wellbeing

Tuesday
10 October
7pm to 8.30pm
Karralyka or
livestream

In recognition of World Mental Health Day, join internationally acclaimed mental health expert Professor Lea Waters, AM, PhD and learn about strength-based approaches to mental health and using your strengths as a buffer during challenging times.

Presented at Karralyka and via online livestream, don't miss this unique opportunity.

Event details

Date: Tuesday 10 October 2023

Time: 7pm to 8.30pm

Venue: Karralyka, Mines Road, Ringwood or via livestream

Cost: \$10 per person, \$5 for each additional person. \$10 per livestream booking

How to book

Book online at www.maroondah.vic.gov.au/Boost-your-mental-health or scan the QR code.

For more information, please contact Fiona Burridge, Community Development Officer, on 9294 5737 or email Fiona.Burridge@maroondah.vic.gov.au

Bookings
essential

