

medicare

Mental Health Centre
Armadale

Exploring stress & starting self-care

Free community workshop

Feeling overwhelmed? Struggling to balance work, life and personal health?
You're not alone!

This Mental Health Week, join us to activate your self-care by participating in this evidence-based workshop, where we dive deep into the realities of stress, burnout and compassion fatigue.

Learn how to break free from the cycle through practical, actionable self-care strategies.

Date: Thursday, October 9
Time: 9.30am - 12.30pm
Where: Piara Waters Library
352 Wright Rd, Piara Waters

Cost: FREE

Register: Use the QR code or go to tinyurl.com/3wttuv3c

