



# Multicultural Mental Health WORKSHOP

**Do you care for a family member or friend who has mental ill-health?**

Meet with other people in your community and find out more about mental health.

Learn ways to support your family and friends while also taking care of yourself.

Discover the support services that are available in your community.

It's okay to ask for help – together, we can break down the stigma around mental health!

## Subiaco

**Friday 27 August**

1pm - 4pm

EDAC/KIN Office

320 Rokeby Road, Subiaco

## Fremantle

**Friday 17 September**

3.30pm - 6.30pm

HelpingMinds Office, Suite 11B

16 Phillimore Street, Fremantle

## South Perth

**Friday 22 October**

3.30pm - 6.30pm

South Perth Library

Corner South Terrace & Sandgate Street,

South Perth

## Coolbellup

**Friday 19 & Friday 26 November**

3.30pm - 6.30pm

Coolbellup Community Hub

90 Cordelia Avenue, Coolbellup



**Register online at [helpingminds.org.au/workshops](https://helpingminds.org.au/workshops)**

For more information phone us on (08) 9427 7100 or email [info@helpingminds.org.au](mailto:info@helpingminds.org.au)