



“NO BULL” SUPPORT WORKSHOP

**SUPPORT FOR RURAL
COMMUNITY MEMBERS AND
THOSE WHO SUPPORT THEM**

The ongoing dry seasonal conditions are impacting on our rural communities. You are invited to join us for a relaxed workshop to discuss a range of ways to look after yourself and support those around you including:

- Greeting and listening
- Awkward conversations
- Being supportive
- Caring for yourself
- Understanding stress, anxiety and depression
- Resources to help and refer to

About the facilitator: Ruth Turpin is a Campaspe resident and former teacher with more than 10 years' experience in delivering mental health support programs to the community.

RSVP: By Monday October 28, 2019 to Jenny Pendlebury at City of Greater Bendigo by email to j.pendlebury@bendigo.vic.gov.au or call 5434 6479.

**WEDNESDAY
OCTOBER 30**

5pm – 8.30pm

**Barrack Reserve
Oval Room
High Street, Heathcote**

*opposite the City of
Greater Bendigo office*

Free to participants

Supper and a light dinner
will be provided