

ENDURANCE
WOMEN'S HEALTH
ANTIOXIDANTS FIT

Free Community Events

MENTAL HEALTH WEEK 2018

Friday 5 October

"Check Yo' Self"

2pm - 5pm

Rockingham Library, Dixon Road, Rockingham

Age: Youth

Monday 8 October

Family Inclusive Training

9.30am - 2.30pm

RUAH Community Services

2B/1 Robinson Rd, Rockingham

For community members. Contact Ruah to book.

Youth Mental Health First Aid*

9am - 4.30pm (2 days)

Rockingham Library

Dixon Rd, Rockingham

For community members

Tuesday 9 October

Armed for Life - Building Resilience in your Kids*

5.30pm - 7.30pm

Rockingham Library

Dixon Rd, Rockingham

For community members

Youth Mental Health First Aid*

9am - 4.30pm (2 days)

Rockingham Library

Dixon Rd, Rockingham

For community members

Wednesday 10 October

Wicked Wednesday

4pm - 5.30pm

Rockingham Library

Dixon Rd, Rockingham

Age: 12-18 years

Thursday 11 October

headspace Rockingham Open Day

2pm - 5pm

headspace Rockingham

U3/18 Goddard St, Rockingham

Age: 12 - 25 years

Sexuality, Gender Diversity and Mental Health*

9am - 4pm

Quest Apartments

Flinders Lane, Rockingham

For community members

Friday 12 October

Anxiety Workshop*

9am - 12pm

South Coastal Health

4 Civic Blvd, Rockingham

For community members

Loss and Grief Workshop*

9am - 11am

Wet Craft Room, Autumn Centre

For senior community members

Mental Health Week is from Sunday 7 October to Saturday 13 October 2018. The City has partnered with some fantastic service providers to present a range of activities. We have catered for everyone - youth, parents and community members so come along and check out one or all of the events. For further information or registration, please contact the City of Rockingham on **9528 0333** or email customer@rockingham.wa.gov.au

*Bookings are essential for workshops with an asterix next to the name.



rockingham.wa.gov.au

