

CORES™ Queensland

Community Response to Eliminating Suicide



# SELF CARE & MENTAL WELL-BEING WORKSHOP

This two-hour self-care and mental wellbeing workshop will provide the skills and resources to develop an individualised self-care and mental wellbeing plan that encompasses activities to enhance physical, emotional and mental health on a daily basis.

The workshop will explore the concept of self-care and mental wellbeing, how to identify personal signs of stress and simple strategies that can be used to manage individual stress levels on an everyday basis. You also have the option to add yoga and meditation to the session.

**Where:** Community Gro  
15 Lonerganne St, Garbutt, 4814

**Cost:** Free

**When:** Friday 13 May 2022

**Time:** 10:00am - 12:00pm

**Enquiries:** [adminqld@kentishrc.com.au](mailto:adminqld@kentishrc.com.au)

**Phone:** 0448 894 525

**RSVP:** <https://bit.ly/37zeL9S>

“By the Community For The Community”



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