



Come and Share the Journey with Us

🌸 Keeping Your Mind Healthy 🌸

This workshop aims to engage & raise community awareness in activities that promote mental wellbeing and an understanding of the needs & issues concerning Culturally and Linguistically Diverse [CALD] women & families.

EVENT DETAILS:

Monday 28 October 2019
Merrylands Community Centre, Meryl Room
9 am – 1 pm (Registrations open at 8:30am)
Lunch provided

BOOKING INFORMATION:

Nelma Galas
Westmead Hospital, Women's Health Clinic
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Norma Boules
Community Migrant Resource Centre
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