

TOGETHER

We Can Deal with Mental Health Issues More Effectively



GET INSIGHT ABOUT

- Why it is important to know about mental health issues
- Types of mental health illness
- Effective ways to deal with mental health issues
- How to Set Priorities – Self Care
- How to avoid mental health issues in future

WORKSHOP DETAILS

Date: 25 June, 2024
Time: 10:00am to 12:00pm
Mode: In person
Venue: PICS Head Office
Cost: Free

ELIGIBILITY

- Permanent Residents
- Refugees

FOR REGISTRATION AND MORE INFORMATION CONTACT

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FUNDED BY



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