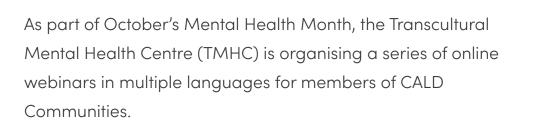


WHEN Friday, October 22nd 2021 10:00 AM - 11:30 AM

WHERE Online

COST Free



The webinars will focus on the impacts of the COVID-19 pandemic on our mental health and wellbeing, how to recognise symptoms of mental distress in ourselves and others, and provide information on where to seek help. The webinars will also provide tips and skills on how to manage stress and keep well during this challenging time.



Scan for <u>more information</u> and <u>registration details</u>