



# Mental Health Awareness Workshops

**Wednesday 4 October, 6 - 8.30pm**

Luana Room, Dee Why RSL, Dee Why

**Wednesday 18 October, 6 - 8.30pm**

Coastal Environment Centre, North Narrabeen

Learn about the common warning signs of mental health issues and how to offer support.

Light supper provided.

Ages 16+

Free (bookings essential)

Bookings: 9970 1169 or [janine.curtis@northernbeaches.nsw.gov.au](mailto:janine.curtis@northernbeaches.nsw.gov.au)

[northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)



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