

A QUEENSLAND MENTAL HEALTH WEEK EVENT
HOSTED BY ST JOHN AMBULANCE QLD

Caring for Carers

**TAKING TIME FOR YOUR
MENTAL HEALTH**

Caring for Carers is aimed to put the focus on YOU, the wonderful people who are supporting those who are experiencing challenges with their mental health, including carers and families, volunteers and mental health workers.



Welcome and presentation by Frie from ARAFMI | Traditional basket weaving with Kalkadoon-Kuk Yalanji woman, Kim Ah Sam | Meditation and reflection with Venerable Tenzin Drolkar | Self care session with the team from Superdream

Thursday 14 October 2021

SUPERDREAM OFFICE - 2 MANNING STREET SOUTH
BRISBANE
9.00AM - 3.00PM
RACHAEL.MUSSIG@STJOHNQLD.COM.AU

REGISTER HERE

