

Proudly supported by



Workshop

Stress Less and Care More!

Anxiety/stress management and alcohol and drug reduction.

Come and yarn with us in Leonora and Laverton and gain some skills and learnings about your mental health.

Leonora

When

Where

Wed 7 Feb 6 - 8pm

Wed 21 Feb 6 - 8pm

Wed 6 Mar 6 - 8pm

Wed 20 Mar 6 - 8pm

Wed 3 Apr 6 - 8pm

Community Resource Centre -
Conference Room

LESS
STRESS!

Laverton

When

Where

Thur 8 Feb 10am - 12pm

Thur 22 Feb 10am - 12pm

Thur 7 Mar 10am - 12pm

Thur 21 Mar 10am - 12pm

Thur 4 Apr 10am - 12pm

One Tree Office, Laverton

For more information or to register, please contact
Centrecare Kalgoorlie on tel: 9080 0333

www.centrecare.com.au