



TOGETHER WE ARE STRONGER

Part of **Event Yeah the Boys Inc** objectives is to increase awareness of the issues surrounding and affecting the mental health of men in the Clarence Valley. Sam from RAMHP and Mark from headspace Grafton will be delivering 3 free 1 Hour Community Support Skills sessions for the sponsors and supporters of Event Yeah the Boys Inc.

These sessions are a great introduction to mental health training and we hope that local businesses and community members take up this opportunity to learn the skills to be able to comfortably speak to people who they might have concerns about.

We are working together towards creating an informed and resilient community by supporting more people to undertake training and to be comfortable to talk about, and refer people to, the services that may assist them in times of despair.

Community Support Skills - Duration: 1 hour

Community Support Skills training develops the skills, knowledge and confidence of participants to identify and approach people they are concerned about, and provide appropriate advice to connect those people with mental health services and support. Participants are also encouraged to practice self-care and to seek help if they have any concerns about their own mental wellbeing.

Dates and Times:

Tuesday, 17 September 2:30 to 3:30

Wednesday, 25 September 1:30 - 2:30

Friday, 4 October 1:30 - 2:30.





I would like to take part in the Community Support Skills training at:

Fulton Hogan Training Room
Pound Street, Grafton

- Tuesday, 17 September 2:30 to 3:30
- Wednesday, 25 September 1:30 – 2:30
- Friday, 4 October 1:30 – 2:30.

Name:.....

Contact Number:.....

Organisation:.....

Please return forms to eventyeahtheboys@gmail.com to confirm your registration