



You are invited to a very special Branching Out

Snug Primary together with
Mental Health Council Tasmania

Your Time to Blossom

Friday the 21st of September 10am-12pm

Mental Health Week creates an opportunity for people to think about the ways in which we can enhance our social and emotional wellbeing by building our personal resilience and support networks. The 2018 theme, young people and mental health in a changing world, aims to bring attention to the issues our youth and young adults are facing in our world today and begin the conversation around what they need in order to grow up healthy, happy and resilient.

During our special Launching into Learning event it will be 'Your Time to Blossom' at Branching Out. We know that at Snug we are Stronger Together as a community where we can have conversations that matter.

This event will allow us the opportunity to share some skills in caring for our mental health. A panel consisting of the Mental Health Carer, the Community Support Worker and myself will make up a panel for Question and Answer time during this event. You will be treated to morning tea, massage, hair and nail pampering and some 'you' time.

It's your time to blossom!

Please register your interest below

or email Linda, linda.jolleys@education.tas.gov.au

This is a free event. There are limited places. 20 places will be filled by 'Lucky Draw'.

Best of Luck!!!

