

# KEEPING CALM AND CONNECTED

## FAMILY SESSIONS

Baptcare



Mindfulness  
PROGRAMS AUSTRALASIA

Mental

HEALTH

WEEK

> 2020

— TASMANIA —

→ We all  
have a role  
to play...

\* 5 - 10  
OCTOBER

### JOIN US DURING MENTAL HEALTH WEEK

### WED 7<sup>TH</sup> OCT

9AM ~ 10AM ~ 11AM ~ 12PM

- \* SESSIONS ON FAMILY WELLBEING \*
- \* STRATEGIES FOR KEEPING CALM \*
- \* FEEL-GOOD INTERACTIVE ACTIVITIES \*
- \* GOODY BAGS AND PRIZES \*

WITH CLINICAL PSYCHOLOGIST MIRANDA STEPHENS

IN THE TOWN HALL BALLROOM

MACQUARIE STREET HOBART

BAPTCARE STAFF ALSO ON-HAND TO ANSWER QUESTIONS

NO NEED TO RSVP - JUST TURN UP

*Sessions start on the hour and doors  
will be closed during sessions*



Mental  
Health  
Council  
OF TASMANIA



SUPPORTED BY

Tasmanian  
Government