

What's on with Man Anchor in April?



Mental Health First Aid Course

Course participants learn about the signs and symptoms of the common and disabling mental health conditions, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Format:

6 hours pre eLearning followed by 2 x 2.5 hour online facilitated sessions.

When: Tuesday 19th April 6:30pm – 9:00pm
Tuesday 26th April 6:30pm – 9:00pm

Where: Online

Cost \$35.00

Subsidised by Gotcha4life & Head Above Water



Communication With Care

Connecting and communicating effectively with family and friends.

Format:

Three hour workshop.

When: Friday 29th April 9.30am – 12.30pm

Where: Man Anchor Collaroy

Cost: FREE

Subsidised by Gotcha4life & Head Above Water

***Book your spot now!
Hurry, numbers are limited***

Man Anchor is proudly supported by



Book Now

To book a workshop or get more information please visit our website:
www.mananchor.com.au
or contact Steven Gamble – Man Anchor
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0405 420 413



Man Anchor
www.mananchor.com.au