



RU OK

Trentham?

A day to explore how
we can help support
each other.

Refreshments
Provided

- | | |
|---------|---|
| 1.00 pm | Doors open |
| 1.15 pm | Welcome |
| 1.20 pm | Tim Peck
- It's okay to <i>be not okay</i> |
| 2.00pm | Chat and Chill |
| 2.15pm | Dean Mighell
- Where to next? |
| 3.00pm | Chat and Chill |

Some resources for
those who cannot attend



Friday 5th September 1 pm - 3.30 pm
Trentham Mechanics Institute

For more information contact Kath 0419 661 630, Veronica 0417 767 613
or email trenthamlion@gmail.com



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