



MIND YOUR GAME

Champion positive youth mental health in your sporting club with this fun and interactive two-hour workshop

Sporting clubs are special communities with strong relationships and the unique opportunity to identify young people experiencing mental health problems before they even know it themselves.

Hobsons Bay City Council recognises the great work that sporting clubs do and their ability to support young people experiencing mental health problems.

To assist clubs with this increasing challenge, we have partnered with Orygen Youth Health to deliver 'Mind Your Game', a youth mental health training program tailored to suit the needs of sporting clubs.

The workshop will give you a chance to learn about myths and facts about mental health and to find out more about the free services available to promote optimal wellbeing within your club.

RECOMMENDED FOR

Committee members or for those able to act as a 'champion' for the program at their club

TRAINING INCLUDES

Mind Your Game – Youth Mental Health Training Program for Sporting Clubs

DATES

Wednesday 31st July

TIME

6.00pm-8.00pm

LOCATION

Aspire Learning Lab, Upstairs at Newport Community Hub, 13 Mason St, Newport.

RSVP

By Friday 26th July to Callum Richards crichards@hobsonsbay.vic.gov.au

