

Community Wellbeing Day



**Mental
Health
Week
2022**
TASMANIA

What:

The Phoenix Centre is holding a Community Wellbeing Day for **Mental Health Week**, which is part of a national mental health promotion campaign held in October each year. The theme for Mental Health Week this year is: **'Awareness, Belonging, Connection'**.

Where:

Tolosa Park, Hut 13, Tolosa St, Glenorchy TAS 7010
(Children playground is available next to the hut)

When:

Friday 14th October, 10:30am to 1:30pm

Come to MRC Tas at 10:00am if you need transportation

Or meet us at Tolosa Park, Hut 13 at 10:30am

(Language support provided)

Contact:

For more information, please contact **Thir on 0437 944 332**

For an Interpreter (TIS) Phone TIS 131 450 and tell them your language.

Tell the interpreter your name and that you're calling Migrant Resource Centre Tasmania: 03 6221 0999.

