

GoodYarn

GETTING PEOPLE TALKING
ABOUT MENTAL HEALTH
"ORANGA KORERO"

GOOD YARN WORKSHOPS FOR THE MACKENZIE REGION MAY 23 and 24, 2022

The South Canterbury DHB is partnering with the Good Programmes Trust to bring free Good Yarn mental health literacy workshops to the Mackenzie region again in 2022.

The workshops will teach people how to have conversations about mental health. This is an essential life skill that can benefit everyone - including parents who want to be able to have conversations with their children, employers who need to talk with staff, people who want to know how to talk with friends and neighbours, and first responders who need this as part of their skill set. Everyone is welcome.

The workshops will cover:

- > What mental health is and how to look after it
- > How to talk to someone you are concerned about
- > Signs and symptoms of mental stress and distress
- > How and where to go for help and support.

The facilitators are all experienced people who are passionate about mental wellbeing and who understand the unique challenges small communities face. The workshops are practical, interactive and enjoyable.

Bookings are essential.

Please register for the workshop you wish to attend to secure your place.

We are giving away one current best seller book to the first 5 people to enrol in each workshop!

Monday 23 May 2022, 9.00am to 12 noon. Fairlie

Register here:

<https://www.goodyarn.org/workshops/23rd-may-2022-fairlie/>

Tuesday 24 May 2022, 9.00am to 12 noon. Twizel

Register here:

<https://www.goodyarn.org/workshops/tuesday-24th-may-2022-twizel/>



“Being able to help in a community may be a matter of a caring person with the right knowledge being available in the right place at the right time.”

Good Yarn is run by the Good Programmes Trust and is proudly supported by South Canterbury DHB & Mackenzie District Council



For any questions or issues please contact Michelle Thompson, General Manager, Good Programmes Trust, 021 234 7413, or michelle@goodyarn.org