

SAVE OUR MATES

ATTENTION TRADIES

Men's Wellbeing Roadshow
18 - 22 March 2019

Jeremy Forbes is a trade qualified painter who has experienced 25 years of highs and lows in the building industry. Jeremy is passionate about suicide prevention and speaks about how we can learn to listen, empathise and have the tough conversations that can help ourselves and our mates.



JEREMY FORBES

Helping blokes look out for their mates

Learn how to:

- Spot the signs that a mate might not be feeling so great
- Take 4 steps to better mental health
- Access community resources for support
- Use tips and tools to improve your physical and mental health

Copper Coast

Kennett's of Kadina Hardware

Mon 18th March

7:30am Free Breakfast / 8am start

Port Pirie

Mid State Home Timber

Tues 19th March

7am Free Breakfast / 7:30am start

Port Augusta

Venue 1 Better Homes Mitre 10
Venue 2 Port Augusta Yacht Club

Wed 20th March

8am Free Breakfast for 8:30am start
2:30pm for 3pm start

Whyalla

Whyalla Mitre 10 Trade

Thu 21st March

7am Free Breakfast / 7:30am start

Port Lincoln

Port Lincoln Mitre 10 Trade

Fri 22nd March

7am Free Breakfast / 7:30am start

SAVE OUR MATES is managed by Hart Wellbeing.

Please direct all enquiries to **0419 188 208** or email info@hartwellbeing.com.au

To book your **free** tickets, go to
saveourmates.com.au

This activity is supported by Country SA PHN

