

# Healthy Connections Seminar

## A Mental Health Information Workshop

A seminar for returned and recently discharged  
ADF personnel and their families

This is a **free** workshop that will openly discuss a range of options, issues and solutions faced by recently returning and exiting ADF personnel and their families.

This workshop will address a range of current topics and issues impacting on adjustment and mental health of recent ADF personnel and their partners and children.

The workshop will draw together experts in Veteran mental health to share their knowledge and experience. There will be heaps of information about services, resources and helpful practical strategies to successfully move forwards in life.

Topics will include:

- Information on a range of mental health impacts of ADF involvement
- Information about families and children and successful relationships
- Health and well being
- Stress and anger management

# Workshop details

**When:** 6.30pm, Tuesday 3<sup>rd</sup> March 2010

**Where:** Gaythorne RSL, 534 Samford Rd, Mitchelton

**Who:** Returned and recently discharged ADF personnel, their partners and families and Ex-Service Organisations

(A light supper will be provided)

## To Register

Please complete the following details and return this form by fax, post or email by Monday 1<sup>st</sup> March, 2010:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

**Return this form by fax to (07) 3354 4765 or**

**Email correspondence please insert subject line 'Health  
Connections Seminar'**

**By email: [welfare@gaythornersl.com.au](mailto:welfare@gaythornersl.com.au) or**

**By phone: (07) 33554655**

**By post: Gaythorne RSL 534 Samford Rd, Mitchelton 4053**