

FREE information session for farm and local businesses

# Keeping your farm business & community healthy

*Invest in your employees' wellbeing by giving them tools to help them stay mentally healthy*

## Mental Wellness for Grain Growers and their Community (2-hour workshop)

Farm owners play a pivotal role in fostering the wellbeing of their workers through the behaviours they model, and their ability to observe and act when they notice that workers are struggling. They also play a key role in successfully integrating workers back into work after a period of sickness absence.

This free, practically focussed, interactive, face to face workshop is delivered by an experienced clinician. The program will include case studies and contextualised activities created in consultation with CBH Group.

### Who would benefit from this workshop?

This session is designed to suit the needs of farm businesses including farm managers and staff, local business owners, managers, supervisors, team leaders, community leaders, and those who are interested in taking the first step towards promoting mental wellness in their workplace.

### Event Details

**Date** Wednesday 28th June 2017

**Time** 10am - 12pm

**Venue** Esperance Bay Yacht Club  
The Esplanade  
Esperance WA

### FREE Workshop

Kindly hosted by Goldfields  
Community Alcohol & Drug Service  
and Hope Community Services Inc.



### RSVP your interest to:

Susan Kusters  
Hope Community Services  
P 08 9021 3069  
E Susan.Kusters@hopecs.org.au

The CBH Black Dog Mental Wellness Program workshops to improve mental health understanding, enhance wellbeing and reduce the incidence and impact of mental health issues in grain growing regions of WA



**Black Dog**  
Institute

