



Time 4 MySelf

My Kitchen Time

Join us for an opportunity to share ideas, learn from each other and above all, have more time 4 self

Workshops are from
10.30am to 2.00pm

Next available dates

Tuesday 2nd May

Tuesday 16th May

Tuesday 27th June

To reserve a place call or email Sylo Siwawa

Call: **089964488** or **0417 422 582**

Email: Sylodgiah.siwawa@helpingminds.org.au

Being held at

Mullewa Community Resource Centre
Jose St & Maitland Rd, Mullewa WA 6630



helping minds
Mental Health Services & Carer Support

www.helpingminds.org.au

Locations:

Armadale | Midland | Whitfords | Fremantle | Rockingham
Mandurah | Broome | Carnarvon | Port Hedland | Perth
Kununurra | Geraldton

To make an appointment call our
free call number

1800 811 747

(Please share this information with others)