

Canberra
HEAD TO HEALTH

No cost

Light refreshments
will be provided.

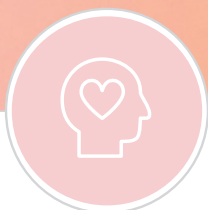
Men's resilience group

**For adult men experiencing
mental health challenges.**

The group is aimed at men wanting to learn strategies to boost their resilience and develop these into protective factors against stressors and mental illness.



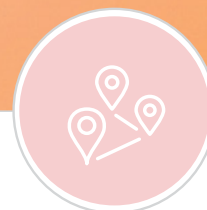
Provide a supportive network for men who may be struggling with mental health concerns



Improve knowledge about men's mental health issues and resilience



Teach simple strategies to build resilience in men



Develop a personal resilience plan that can be implemented straight away

**To register your interest in attending group, please email:
hello@thinkmh.com.au or call 1800 595 212**

Canberra Head to Health, Shop G7 (Ground Floor), 14 Childers Street, Canberra City ACT 2601.

We have a harm minimisation framework so please do not consume drugs or alcohol prior to attending group.

1800 595 212

hello@thinkmh.com.au

Think Mental Health Pty Ltd

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phn
ACT
An Australian Government Initiative

**Capital
Health
Network**
Partnering for better health