

dealing with stress from the drought

Dealing with stress from the drought can be really tough.

It's important to take time to check-in and do things to look after yourself.

Learn more about how to cope with stress from the drought and connect with people who are going through a similar situation, by joining this Group Chat. Everyone is welcome to participate.

Thursday 5 December
6:30 - 8:30 pm (AEDT)

Options to join:

Visit <http://bit.ly/CWTD512> to set up an account or join anonymously as a guest.

You can also send a question before the session to groupchat@headspace.org.au

You might like to organise a community event, or a catch up with your neighbours, to participate in this chat together.

