



There is no greater bond than your family.

But it's all too easy in this busy world for family links to be strained. Work, school, stress, pressure, expectations, illness and technology can make family life tricky and it's normal to feel overwhelmed by this.

Family LINK is a free 5 week program for families in the City of Swan to come together once a week, share a meal and have our team teach you tips and tricks to help your family to **talk to each other, bring you closer as a family and deal with issues that cause family feuds.**

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| Date | Thursday evenings 2 May to 30 May |
| Time | 5.30pm - 7.30pm <i>Dinner provided</i> |
| Location | HelpingMinds Office 1A Sayer St, Midland |

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| Date | Wednesday evenings 5 June to 3 July |
| Time | 6.00pm - 8.00pm <i>Dinner provided</i> |
| Location | Brockman Community House 27 Hull Way, Beechboro |

For more information or to register 9427 7100 or intake@helpingminds.org.au

Program open to families living in the Swan region who have a family member affected by stress, conflict or mental health challenges.
Funded by the Australian Government Department of Social Services.

Mental Health Services & Carer Support



helpingminds.org.au

9427 7100

