



SATURDAY 26 SEPTEMBER 2020

RURAL MINDS TRAINING & LEATHER WORKSHOP

ARAMAC HARRY REDFORD CENTRE

FREE

DELIVERING OUTBACK TRAIC - FAR REACHING RURAL MINDS IN PARTNERSHIP WITH





What we are doing

Introducing **Outback TRAIC - Far Reaching Rural Minds** - a mental health training program with a difference. With the addition of Red Ridge's leather work, we will further boost the value of the Rural Minds program by providing an enriching educational and hands on experience.

This **free** public event aims to raise **awareness** and **confidence**, grow **understanding** and embed information into agricultural and farming communities at a local level.

MENTAL HEALTH TRAINING WITH A DIFFERENCE

About Us

Tackling Regional Adversity Through Integrated Care (TRAIC) is responsible for initiatives designed to reduce the psychological distress in regional, rural and remote populations in periods of adversity. One of the ways TRAIC achieves this is by increasing mental health literacy and improving help seeking behaviours, for example, through Rural Minds training deliveries.

Rural Minds is a comprehensive program designed for people living and working in rural Australia by people living and working in rural Australia.

Red Ridge (Interior Queensland) helps create healthy and resilient communities in remote western Queensland by bringing people together in art and cultural activities.

Images supplied by Red Ridge Interior Queensland

What's in it for YOU

- ✓ Rural Minds mental health educational session
- ✓ Participant resources pack
- ✓ Morning tea, lunch and afternoon tea provided
- ✓ Choose from a variety of leather craft projects**:
 - Plaited reins
 - Dog lead
 - Hat band
 - Plain belt
 - Stubbie cooler
 - Small hand bag

** Supplies will be available for purchase on the day should participants wish to continue at home.

When

Saturday
26 September 2020
8:45 AM

Where

Aramac Harry Redford Centre

Contact

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