

Life wasn't meant to be easy.....

But we have your back!



Rural Youth Tasmania is partnering with Headspace and Rural Alive & Well (RAW) to offer young Tasmanians an opportunity to build resilience and help each other deal with what life throws our way.

- *Hear personal stories*
- *Tips to build resilience & flexibility*
- *Identifying signs that someone might need a friend*
- *Info on how & who to go to*

The important bits :

When: Saturday September 1 2018, 9am - 3.30pm

Where: Agritas Trade College

12 Nelson Street

Smithton

If you would like to attend this FREE event, let us know by Tuesday August 28 2018 so we have enough food!) Email: admin@ruralyouth.com.au or phone 03 6331 6154.



Rural Youth Tasmania would like to acknowledge the assistance of all partner organisations and the support of the Department of Primary Industries, Parks, Water & Environment.