



Mental Health Awareness Presentation

What is good mental health, and why is it important for seniors in our community?

CatholicCare will be visiting St Mary Star of the Sea Catholic Parish Milton to provide a comprehensive and important presentation on mental health awareness for seniors, covering topics such as:

- Identifying types of mental health illnesses
- What to do if you have concerns about yourself or others
- What supports are available

Friday 28th June, 2024

Presentation to commence after 10am Mass

RSVP to Yvette Miller - Parish Secretary

Email: milton@dow.org.au

Phone: 4455 1313