



Mini-expo for Mental Health Week

Come along to the City of Swan's free mini-expo for Mental Health Week.

 **Wednesday October 13, 2021**

 **10am - 1pm**

 **Swan Active Beechboro**

Following this year's theme for Mental Health Week - it starts with our children - the free mini-expo for parents and children, will offer practical tips about how to protect and look after our own mental wellbeing as well as help those around us.

There will be free entertainment for the kids, as well as free healthy smoothies and morning tea. You can also chat with the following local service providers about the mental health support and activities that are available for parents and children (0-12 years):


- Helping Minds,
- Centrecare Midland-Perth Family Support Network,
- Royal Life Saving WA,
- Beechboro Library,
- Playgroup WA,
- Information for Fathers,
- Meerilinga,
- Brockman House,
- Kidsafe WA,
- local toy libraries, and many more!

More info 9207 8528



www.swan.wa.gov.au

 /cityofswan

 /cityofswanwa

