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# Mental Health Workshops

Want to gain a better understanding of all things mental health? Join us at one of our FREE Mental Health Workshops!

**REGISTER**



**Piara Waters**  
16th April  
4pm - 7:30pm



**Armadale**  
1st May  
4pm - 7:30pm



**Harrisdale**  
30th May  
4pm - 7:30pm

Scan the QR codes to register now or go to [events.humanitix.com/host/richmond-wellbeing](https://events.humanitix.com/host/richmond-wellbeing)