

JewishCare
You are in good hands



LifeSpan
Integrated
Suicide
Prevention



Jewish House



our
BIG
kitchen

★AZYC



Moriah College
מגידו מוריה



ncjwa
FEST. PRESERVING CULTURE
Women making a difference.

WithU



Jewish suicidepreventionstrategy

is offering **FREE**

Mental Health First Aid Training **For anyone working with or caring for** **older members of the community**

Participants will learn the signs and symptoms of mental health problems (e.g. depression, anxiety and dementia), where and how to get help and what sort of help has been shown by research to be effective.

WHEN Over two Fridays: 3 & 10 August 2018
9:15am to 3:15pm

WHERE JewishCare, 3 Saber St, Woollahra

RSVP familyandfriends@jewishcare.com.au

This initiative is supported by **THE Australian Jewish News**

JewishCare is a member of the
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FirstCall JewishCare 1300 133 660 W www.jewishcare.com.au

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