



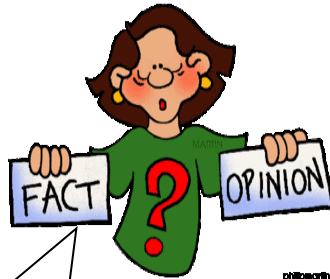
# Mental Health Month ACT

## A Healthy Mind For A Happy Life

Come to Join us to celebrate it ...

### 慶祝心理健康周

Time to talk  
about mental  
health



True and False  
真相与虚假

Exercise & Wellbeing  
運動與健康

Share your story and  
encourage by others  
分享你的故事和他人  
对你的鼓励

Games  
& Prizes



**Date:** Session 1- 5th October Tuesday – Chinese  
(Cantonese & Mandarin languages) 中文讲座  
Session 2 - 12<sup>th</sup> October Tuesday-English Session

**Location:** Online via Zoom (Chinese session) 网络讲座  
Online via MS Teams (English session)

**Time:** 10:30am to 12:30pm

**Cost:** Free 免费

**RSVP:** For Chinese session, please contact Joanna via Wechat or text  
0422737751 by Tuesday 21<sup>st</sup> Sept. (中文讲座请微信联系) 9月21日  
星期二之前)

For English session, please text or call 0422737751 or email to  
info@sawfriendship.org.au by Tuesday 28th Sept.

Support Asian Women's Friendship

Association Inc. (SAWs)

亞洲婦女聯誼協會



Email: info@sawfriendship.org.au

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Grace Community Group GCG

佳音社团



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