Afghan, Burmese and Yazidi communities

Helping Hands Training

Stronger Communities for Healthier Minds

Learn how to care for yourself and help someone who is having a hard time.

Choose the community session that is right for you

YAZIDI

Mon 16 November

10 am - 2 pm

Lunch provided

BURMESE

Wed 18 November

5 pm - 9 pm

Dinner provided

AFGHAN

Thu 19 November

10 am - 2 pm

Lunch provided

What you will learn

- How thoughts and feelings can change
- Signs someone is struggling
- Kind words that help people talk
- How to help without judging
- How to plan safe next steps
- Healthy activities, people and services that help

What we will do

- Learn in a safe, friendly group
- Talk, watch, listen and practise
- Use examples from daily life
- Practise Helping Hand Conversations: talking with someone who needs support
- Take home a booklet

Safe learning space

- You choose what you share
- You can stop or take a break
- You do not need previous training
- There are no tests
- We respect your culture, faith, family and life experience

About the training

- The group runs for 4 hours
- We will have a break and food
- Two trained people will lead the group
- At least one group leader knows and understands your community

Where to go

More information & RSVP

Wagga Wagga Medicare Mental Health Centre

235 Baylis Street, Wagga

RSVP by 13 November 2026

Call 0456 550 179

Email jleary@gph.org.au

Include your session and dietary requirements.



Scan the QR code

Mental Health Centre Wagga Wagga and Young

Grand Pacific Health

ConNetica CREATING BETTER FUTURES