Helping Hands Training

Stronger Communities for Healthier Minds

Developed with and for Young's Islamic Community and people connected with this community.

Islamic Community and people connected to this community

Saturday, 21 November 2026
12.30pm - 4.30pm
Lunch provided

What you will learn

- How thoughts & 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 practice
- Use examples from daily life
- Practice Helping Hand Conversations: talking with someone who needs support
- Take home a booklet

Safe learning space

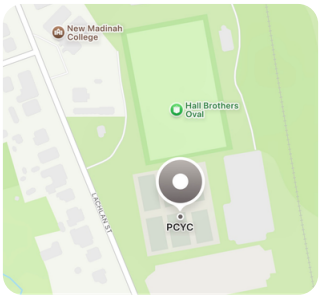
- You choose what you share
- You can stop or take a break
- You do not need previous training
- There are no tests
- We respect your culture, faith, family and life experience

About the training

- The group runs for 4 hours.
- Food will be provided
- Breaks will be taken - including time for prayer
- Two trained people will lead the group.

Where to go

PCYC
46 Lachlan Street
Young



RSVP

Emma Whitechurch
ewhitechurch@gph.org.au
0488 654 241

or scan the QR code

RSVP by Friday, 13 November 2026

medicare
Mental Health Centre
Wagga Wagga and Young

Grand Pacific Health

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