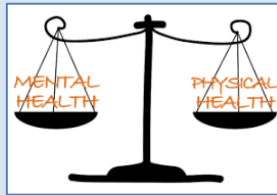


YOU Inc. and the Mitrofanoff community invite you to our
Mental Health awareness day

"Coping mentally with a stoma / chronic illness"



Those of us with a chronic illness have all suffered at some point with mental health issues, often causing stress and uncertainty regarding how our lives will pan out !

Come and join us in listening to

Our Guest Speaker, Bridgette, who is a Registered Psychiatric Nurse.

For the past 17 years Bridgette has held the position of a Senior Clinician at Eastern Health in the Crisis Assessment and Treatment Team, providing short term intervention to people experiencing acute issues around their mental health.

A great opportunity to learn coping skills and share yours !

There will also be a panel of various ostomates discussing their journeys and answering questions.

When - 29th February 2020

Where - Nurses Memorial Centre
Slater Street

St Kilda, Melbourne Vic

Time - 10.30 am - 3 pm

LIGHT LUNCH PROVIDED

Company Trade displays will be available

Door prize

A kid's corner will be available

A gold coin or \$5 per family entry fee

RSVP - 25th February to Helen via Facebook or helshae@hotmail.com
or text 0412 144 230

THIS EVENT WILL BE LIVE STREAMED THROUGH THE CLOSED
FACEBOOK PAGE