

LIVE



Selwyn District

## Free Community Workshops

# Adapting & Embracing Change

08 June | 6-730 | Rolleston

15 June | 6-730pm | Darfield

06 July | 7-830pm | Lincoln

Facilitated by:



Coach | Counsellor | Speaker

## Free Community Mental Health Workshops

The Selwyn District council in conjunction with The Grief Centre are providing FREE workshops on mental health & change to the Selwyn community.

These workshops provide powerful tools and strategies on how to adapt & embrace change. They are perfect for anyone interested in mental health, anyone needing support, teachers, youth-works, students or anyone who wants to learn and grow.

These workshops are facilitated by Sarah Robb who has an extensive background in psychology and NLP. Sarah has her own experience with loss and change. She will be providing educational, engaging and interactive workshops where participants will gain the tools and strategies needed to embrace change, manage transitions, and thrive in a constantly evolving world.

To Register go to the link below:

<https://events.humanitix.com/adapting-and-embracing-change-darfield>



Coach | Counsellor | Speaker

