

# Shot Bro

Confessions of a  
Depressed Bullet

Rob shares his authentic story about his mental breakdown in 2009 and his recovery journey. He is invited to communities and organizations around Australasia to safely open up the conversation about mental health and suicide prevention.

Friday 6th Nov, 6pm | Saturday 7th Nov, 2pm  
Victory Boxing, Koha entry

\*Suitable for ages 10yrs old and upwards

\*Light refreshments provided afterwards

Contact Paul for more information, 027 541 9015