



WHAT IS GOOD MENTAL HEALTH?

Living & managing life's expectations

Presented by ARCVic

A DISCUSSION THAT AIMS TO TALK ABOUT THE EXPECTATIONS OF LIVING IN AUSTRALIA WHEN YOU COME FROM AN AUSTRALIAN ASIAN AND/OR INDIAN BACKGROUND:

- DEALING WITH THE COMPLEXITY OF LIVING BETWEEN TWO CULTURES
- LIVING UP TO CULTURAL EXPECTATIONS
- WHAT CAUSES US STRESS AND HOW THIS LOOKS AND FEELS
- REDUCING THE STIGMA AROUND ASKING FOR HELP AND SUPPORTS
- WHAT DOES SUPPORT LOOK LIKE? WHAT SUPPORTS ARE AVAILABLE?
- A PERSONAL STORY FROM AN AUSTRALIAN INDIAN/ASIAN PERSPECTIVE

Dates: **Tuesday 6th March, 2018**
Time: 10.30am welcome refreshments (for 11am start) till 12.30pm
Venue: Darebin Intercultural Centre – 'Pearl Room' (upstairs)
59A Roseberry Avenue, Preston VIC 3072
Fee: Free

Bookings essential. Register online at www.arcvic.org.au
For further information contact the ARCVic Office – 9830 0566 or
OCD & Anxiety Helpline – 9830 0533 / 1300 269 438
email - arcmail@arcvic.org.au