



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: **Thursday March 15th**
Time: 11.am to 12.30pm OR 7.00pm – 8.30pm
Venue: Box Hill Town Hall – 'Matsudo Room', 1022 Whitehorse Road
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