

Perinatal Depression & Anxiety
Awareness Week 12–18 November 2017



*It happened
to me*

Please join Tandi for a multicultural perinatal depression and anxiety awareness event for new and expecting mothers from culturally and linguistically diverse backgrounds.

Attendees can expect to share stories with other women, discuss cultural beliefs and leave the event with information on where to seek help and what you can do to promote wellness.

**The event will involve mandala mindfulness colouring.
Attendees are encouraged to wear a bright coloured t-shirt or dress.**

Meet Tandi
The Square Mirrabooka
Save The Children Pop-Up Bookshop
WEDNESDAY, 15 NOVEMBER 10:30am – 2pm

