

Southern DHB invites members of the public to...

Staying Sane in a Crazy World

A FREE lecture by Henck van Bilsen, Consultant Clinical Psychologist, SDHB

Things can and will go wrong for all of us sometimes, especially in these Covid times! If you are feeling stressed, overwhelmed, depressed or anxious – Henck’s workshop will introduce you to tools and information that will help you.



Invercargill

Tuesday 22 September,
6th floor Kelvin Hotel.

Two sessions: 2 - 4pm
and again at 6.30 - 8.30pm.

Queenstown

Wednesday 21 October,
Queenstown Events Centre.

Two sessions: 2 - 4pm
and again at 6.30 - 8.30pm.

Te Anau

Friday 16 October,
Te Anau Club.

Full day workshop:
9.30am - 4pm.

To reserve your place call or e-mail: Ann Kingsbury on 03 218 1949 ext 48078 | ann.kingsbury@southerndhb.govt.nz and indicate if you are registering for the afternoon or evening lecture.

Audience numbers for each session will be limited in-line with Level 2 guidelines, so registration is essential.