

**FREE  
WORKSHOP**

# GoodYarn

ENABLING FARMING COMMUNITIES  
TO TALK ABOUT MENTAL HEALTH

People who live and work on the land have to cope with a number of challenges – from long working hours to unexpected weather events, isolation and financial pressure. They're all factors that can affect their mental wellbeing. To take care of yourself, and be able to help others, one of the best things you can do is talk.

GoodYarn is a hands-on workshop that will give you the practical tools and confidence to be able to talk to people in rural communities about mental health.

All GoodYarn workshops are run by experienced facilitators who have a wealth of knowledge of the rural sector.

**'Very useful and targeted at rural concerns. Practically focused.'**

**'Excellent workshop, Everyone can learn something from it.'**

**'Non-confrontational approach. Realistic, relaxed, relevant.'**

– GoodYarn workshop participants

**Together with Hauraki District Council we are pleased to be able to offer the following workshops in support of the Elephant in the Paddock Campaign. Spaces are limited so please register at [Trybooking.co.nz](http://Trybooking.co.nz) (keyword: GoodYarn) or by clicking [here](#)**



**Ngatea War Memorial Hall  
Monday 23 November at 10:30am**

**Waihi Memorial Hall  
Monday 23 November at 6:30pm**

**Paeroa War Memorial Hall  
Tuesday 24 November at 10:30am**

**For more information please contact Wanda on 021 180 2995**



**RuralSupport**

WAIKATO - HAURAKI - COROMANDEL

0800 787 254

Rural people helping rural people

[www.rural-support.org.nz](http://www.rural-support.org.nz)

