

# Wellbeing Workshops with OzHelp

Getting a job done right involves looking after yourself too.

## About this Event

Being a landscaper is hard work which is why it is important to take care of yourself.

Early starts, physical work and tight deadlines are common across the industry and it can be hard to maintain a healthy work-life balance.

OzHelp's one-hour session explores these challenges and covers:

- What keeps us well, both mentally and physically
- How to identify if a co-worker might be having a tough time
- Avenues for support for you, or someone you know

The session is facilitated by OzHelp, in partnership with the Landscaping Association

### For more information, contact:

Wendy Prowse, 0417 141 049 or [wendy.prowse@ozhelp.org.au](mailto:wendy.prowse@ozhelp.org.au)

## Workshop dates:

Dates	Time	Location	Register
Wednesday 9 September 2020	3.00pm to 4.30pm	OzHelp Training Room, 6/41 Tennant Street, Fyshwick	<a href="#">Click here</a>
Thursday 10 September 2020	4.30pm to 5.30pm	Online Workshop	<a href="#">Click here</a>
Friday 18 September 2020	2.30pm to 4.00pm	OzHelp Training Room, 6/41 Tennant Street, Fyshwick	<a href="#">Click here</a>

**R U OK? Day**

## Who should attend:

This workshop is ideal for workers in the landscaping trade. Business owners are encouraged to attend too.

## What's included:

- Workshop session
- A digital health and wellbeing check with confidential results delivered to your inbox.
- Ongoing support from the OzHelp team for up to 12 months

**Cost \$82.50 per person**

## About OzHelp

OzHelp Foundation is a leading provider of workplace wellbeing programs nationally, specialising in mental health and suicide prevention. Founded in 2001, after the suicide of a young Canberra apprentice, OzHelp now engages and supports approximately 40,000 people each year.

To book a program or learn more about OzHelp's services go to:

 02 6251 4166 |  [ozhelp.org.au](http://ozhelp.org.au) |  [info@ozhelp.org.au](mailto:info@ozhelp.org.au)



**THE LANDSCAPE**  
ASSOCIATION