



MENTALLY FIT SPORTS CLUBS

Learn practical strategies to support members wellbeing and build team resilience

For coaches, leaders, and volunteers from sports clubs in the areas of Cockburn, Fremantle, and Melville



"Sports clubs are more than just keeping fit, they are communities where we make friends, socialise, and support one another"

FREE
1.5 hour
workshop. Five
dates available
from the 18th
May

To register - bit.ly/mentallyfitsports

For more info - ifaad@stpats.com.au or call 6372 4873

