



# Social Soccer

for Mental Health Awareness



MENTALHEALTH.ASN.AU

Come and join us on **Saturday 29<sup>th</sup> October 2016**, from 10:00 am to: play **social soccer** (bring your team/family/friends), share food and learn how to think about the mental health of ourselves and those around us.

📍 Venue: **RAWLINGS PARK, ANGLE ST, LAKE ALBERT, Wagga Wagga**

*ALL are Welcome: Light food will be served – bring a friend from your community to play a friendly soccer with other communities.*

Let's

**LEARN and GROW**

Together

During the month of October, we encourage you to learn more about mental health and to become more aware of your own mental wellbeing and that of others.

...SO come and have fun on **Sat. 29<sup>th</sup> Oct** by enjoying a friendly soccer game and a chat!

- The aim of the event is to understand more about all aspects of our health and for us know how to seek help when things aren't going well.

Organised by the Wagga African Association (WAFRICA) Inc.  
Email: [afro\\_wagga@yahoo.com](mailto:afro_wagga@yahoo.com)

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