



# no worries mate ! yeah right !



looking after yourself, your family and your neighbours in challenging times  
how hard is that ?

## a workshop for rural men



Life isn't always easy! The stress of farming today can take its toll on rural men. Here is an opportunity for rural men to get together to explore ways to deal with those stressors so things don't get on top.

A solution focused workshop which aims to harness the collective wisdom of Southland rural men to take the lead in their own and their families lives and wellbeing in these challenging times.

Led by Barry Taylor, well known nationally and internationally for his work in men's health initiatives, well being and mental health promotion.

### Winton

Thursday 22<sup>nd</sup> July 2010  
11 am to 3 pm  
Salvation Army Community Centre

Special Guest Speaker  
Geoff Jukes, Rural Contractor  
Sydney Olympic Silver Medalist

Lunch included, Prizes galore, No cost !

Local contact: Louise Faithful 03 236 9934  
email: [wcsw@xtra.co.nz](mailto:wcsw@xtra.co.nz)

### Gore

Thursday 22<sup>nd</sup> July 2010  
6 pm to 9 pm  
James Cumming Wing, Ardwick Street

Special Guest Speaker  
Phil Reid  
Local Young Farmer of the Year

Dinner included, Prizes galore, No cost!

Local contact: Janet Gregory 03 208 7883  
Southland Rural Support Trust Coordinator  
Email: [janet.gregory@landcare.org.nz](mailto:janet.gregory@landcare.org.nz)



Registrations by Friday 16<sup>th</sup> July 2010 to:  
[lynn.grace@phsouth.co.nz](mailto:lynn.grace@phsouth.co.nz)  
03 211 0900 extension 722

