City of **Bayswater**

Volunteer workshops

To celebrate National Volunteer Week (20 - 26 May 2019), the City of Bayswater is offering FREE community training and information sessions to acknowledge the generous contributions of volunteers.

NVW
NATIONAL VOLUNTEER WEEK

Mindset booster

Join in this session to learn how to manage stress, identify risk factors and practical strategies to be more mentally healthy.

Monday 20 May 2019
2pm - 3pm

City of Bayswater Civic Centre
61 Broun Ave, Morley WA

Volunteers talking the talk

Learn strategies for overcoming common communication barriers as well as essential skills like active listening, effective use of voice and tone, and explore the importance of body language and the non-verbal communications.

Tuesday 21 May 2019
5.30pm – 7.30pm

City of Bayswater Civic Centre
61 Broun Ave, Morley WA

Keeping sane

In this interactive workshop, learn ways to increase mental health awareness and wellness, discuss positives and challenging experiences as well as preparing a self-care plan for the future.

Wednesday 22 May 2019
5.30pm – 7.30pm

City of Bayswater Civic Centre
61 Broun Ave, Morley WA

REGISTER Register for workshops today at **www.eventbrite.com.au**

Are you a sporting club or community group looking for funding?
The City of Bayswater is inviting organisations run with volunteers to apply for the 'Making a World of Difference Celebration Grant'. For more information go to **bayswater.wa.gov.au** or call **9272 0665**.

Universal Access

CITY OF BAYSWATER
The Garden City - Quality Lifestyle