



South Gippsland
Shire Council

Strengthening Community Knowledge on Gambling Harm

South Gippsland Shire Council is hosting Mental Health First Aid for Gambling courses in Mirboo North and Leongatha as part of the Community Champions Go Gambling-Free project.

The four hour accredited course is not for people with gambling problems but for people wanting to help others in their community experiencing gambling harm. Attendees will learn how to identify, approach and support someone experiencing gambling problems.

Reservations are necessary for the courses with the first happening at the end of this month:

- Mirboo North: 28 February 2019, 5.30pm to 9.30pm at the Baromi Centre
- Leongatha: 13 March 2019, 5.30pm to 9.30pm at Federation Training

South Gippsland Shire Council's Project Support Worker Heather Butler is encouraging passionate community members in both Mirboo North and Leongatha to attend.

"Gambling harm and mental health are issues that carry stigma, and this can make talking about them difficult. These courses are about building confidence in caring community members who want to make a difference when it comes to supporting those experiencing gambling harm.

"We are encouraging anyone interested to book a place as soon as possible as spots are limited," said Ms Butler.

Individuals wanting more information or to book online can visit Council's website www.southgippsland.vic.gov.au/gamblingfree or contact Heather on 0429 112 257 or gamblingproject@southgippsland.vic.gov.au

Tickets are \$10 which includes the course and take-home workbook. Any interested adults are welcome to attend with a light supper provided.

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