

STORYTELLING

Connecting those who intend to tell their story and those who have previously told their lived experience story of mental health challenges.

- Gain support in framing your story within a 5-7 minute time limit
- Consider the impact of telling your story on self, family and audience
 - Discuss self-care strategies
- Opportunity to share your personal story with participants

Saturday 20th July 9.30 am – 12.30pm

Tuggerah Library (located next to Woolworths at Westfield Tuggerah)

THE FACILITATORS

TRACY McCOWN has a vast range of experience in facilitating storytelling workshops in the mental health and suicide prevention sectors. Until her recent move to the Central Coast, she coordinated both the Suicide Prevention Australia Speakers Bureau and Lived Experience Network. She is currently a Lifeline Crisis Supporter and Centre Coordinator of the Peninsula Women's Health Centre. Tracy has shared her personal story to live audiences as well as via audio recordings and social media.

ROSS BECKLEY is a past decorated firefighter with Post Traumatic Stress Disorder who founded Behind The Seen, mental health awareness programs and campaigns for triple 0 first responders and their families. For the last 6 years he has shared his personal story in workshops, to live audiences at conferences, and on TV and radio to reduce stigma, inspire hope and advocate for better mental health support systems.

BOOKINGS/INFORMATION

Email: mybravecentralcoast@gmail.com OR Phone: 0421 038 910

***Please note that attending the Storytelling Workshop does not guarantee a place in the This Is My Brave Theatre Production*

FREE LIMITED SPACES ,BOOKINGS ESSENTIAL

This workshop is proudly brought to you by

