



FREEDOM TO EXPLORE  
SEXUAL HEALTH



# > ReFRESH FORUM

## MENTAL HEALTH, GENDER AND SEXUAL DIVERSITY: SUPPORTING CLIENTS WHO ARE LGBTIQ

May 17 is the International Day Against Homophobia, Transphobia & Biphobia (IDAHOT). We are marking the occasion with a ReFRESH forum on Mental Health and Wellbeing among LGBTIQ communities, followed by afternoon tea with rainbow cake! The forum will feature a panel of speakers who will discuss mental health and wellbeing of same-sex attracted and gender diverse people, from their lived and/or professional experience. While we will look at the LGBTIQ communities as a whole, we will focus on nonbinary and bisexual people especially, as their voices are often left out of the conversation.

### The forum will feature:

- › A presentation on self-care for LGBTIQ workers and their clients
- › An interactive panel of guest speakers, with professional tips and strategies, and personal stories
- › Opportunities to ask questions and engage in discussions
- › Introduction to resources and referral options, when supporting your clients from these populations
- › Networking with other workers from the sector
- › Rainbow cake!

<b>WHEN</b>	17 May 2016 (Tuesday)
<b>WHERE</b>	SHine SA, 64c Woodville Road, Woodville
<b>TIME</b>	1.30 - 4.30 pm
<b>COST</b>	\$50 (Student Concession \$25) Invoice issued on receipt of enrolment form

*Afternoon tea provided.*

### REGISTRATION

Online enrolment:  
[www.shinesa.org.au/events/refresh-forums](http://www.shinesa.org.au/events/refresh-forums)

Closing date for enrolment: Friday 6 May

ENQUIRIES Phone 8300 5317 / Email [shinesacourses@shinesa.org.au](mailto:shinesacourses@shinesa.org.au)