

Breaking the Silence:

# Overcoming Social Isolation and *Loneliness*

REGISTER  
YOUR  
INTEREST

## Are You Feeling Alone? You're Not Alone.

Join us for an empowering workshop focused on breaking the cycle of social isolation and loneliness. Gain valuable insights and tools to build meaningful connections and restore your sense of community.

**When** Friday 21 March 2025  
10am - 11:30am  
**Where** Providence Retirement Village  
7 Griffiths Street Bacchus Marsh  
**Cost** Workshop: free

## You Don't Have to Face This Alone.

Join us and begin your journey toward stronger, more meaningful relationships.

Workshop held by our accredited mental health social worker.

### What You'll Learn:

- Understanding Loneliness & Isolation: Explore the root causes of loneliness and how it affects your well-being.
- Building Connections: Practical steps to help you reconnect with others, whether in-person or online.
- Self-Compassion & Well-Being: How to nurture your mental and emotional health during tough times.
- Creating Supportive Networks: Tips for making new connections and strengthening existing relationships.
- Fighting Stigma: How to challenge the shame that often surrounds feelings of loneliness.

### Who should attend:

Anyone experiencing social isolation, loneliness, or anyone looking to help others build stronger connections.

For more information and to register, contact Louise Mayall, RN1 (Advisor in Healthy Ageing)

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