

# Is your playgroup PANDA aware?

**What?** *Is your playgroup PANDA aware?* is a one hour live online event which aims to increase awareness of perinatal anxiety and depression in your playgroup. The training provide strategies on how to respond and support parents and carers to access PANDA's National Helpline.

**When?** Choose from one of the following dates:

Thursday 27th June 12:30pm - 1:30pm AEST

Tuesday 23rd July 10:30am - 11:30am AEST

Wednesday 28th August 1:30m - 2:30pm AEST

**Cost?** free

**Who is it for?** Community and supported playgroup leaders



**Register today at:**

[www.panda.org.au/health-professionals/training-conferences](http://www.panda.org.au/health-professionals/training-conferences)

**For more information contact the Supported Playgroups Training Coordinator at PANDA [mary.edmonds@panda.org.au](mailto:mary.edmonds@panda.org.au) or 03 9926 9006**

