

Change-Makers' Workshop!

**Want to be an ambassador of
mental health for youth?**

**Receive hands-on training to be
a trained volunteer to conduct
mental health awareness
workshops!**

September 27-28, 2019

NIMHANS CENTER FOR WELL BEING, Bangalore

*You can join : If you are a
counselor/psychology-teacher/ student of
Psychology/Social work/psychiatry*

**Do you believe there can be no health
without mental health?**



**Do you see yourself as doing awareness
workshops for youth- free of charge?**

*Shall we count you in?
To make a difference?*

If Yes?

Mail us a paragraph

Tell us about yourself and how you think you will be able to use this training in the next 6 months. Convince us!

Last date to send your mail:
5th September 2019
(Training fee: 500/-)

Write to us at:

Positivepsychology.nimhans@gmail.com

(An initiative by Positive Psychology Unit,
Dept. of Clinical Psychology, NIMHANS, Bangalore)
A part of volunteerism for mental health

**Volunteers do not necessarily have the time;
they just have the heart.**

~Elizabeth Andrew