



Me and My Community

The Centre for Rural and Remote Mental Health Queensland has successfully bid for funding to design and coordinate the *Me and My Community* training program.

The program is based around Building Rural Leaders training and Mental Health First Aid training. The training is divided into three units: the first focuses on the individual, the second on the family or household unit and the third on the community.

The training will be provided in the Mt Isa, Longreach, Roma and Kingaroy regions. The program is designed to train approximately 25 individuals from each location. The recipients of the training are any female who is directly involved in an agriculturally focused business and anyone male or female of between the age of 17 and 35 years who is also directly involved in an agriculturally focused business.

There will be three face-to-face training sessions. They will occur at the end of November 2009, March 2010 and April 2010. The participants will also be encouraged to complete minor tasks and activities between training sessions. The program will culminate with a workshop for participants and interested organisations from all states which will be held in conjunction with the Centre's Creating Futures Conference from 20-23 September 2010.

If you require any additional information, please contact:

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This project is supported by funding from the Australian Government Department of Agriculture, Fisheries and Forestry under its Australia's Farming Future initiative.