

# FREE WORKSHOP

## SELF HELP: WHERE TO FROM HERE?

### The workshop will cover:

- Challenges groups face post-covid
- Tips for using digital technology
- Feedback from groups
- Ideas for new resources

**Wednesday 29 November**

**10:30am-12pm (free lunch provided)**

**Jenny Florence Room**

**Ross House**

The Collective of Self Help Groups (COSHG) invites self help and support groups to take part in a workshop. We want to understand how we can support groups better and share ideas.

**Our AGM will run after lunch from 12:30pm.  
Workshop participants are welcome to attend.**



RSVP by 27 November to  
[info@coshg.org.au](mailto:info@coshg.org.au)

For more information about COSHG visit  
[www.coshg.org.au](http://www.coshg.org.au)