



# HAND UP

Join us for HAND UP Day!

**Music for Mob's  
Mental Health**

**Friday 4th October**

**10:00am to 2:00pm**

Meet at Botanical Gardens for Walk of Solidarity  
Celebrate connection at Horsham Soundshell

#MusicforMob #putyourhandup #stregthandconnection

[www.goolumgoolum.org.au/handup](http://www.goolumgoolum.org.au/handup)

HAND UP is a mental health awareness campaign initiated by Goolum Goolum Aboriginal Cooperative. This event celebrates connected strength in putting our Hand Up, not only to offer support to others but seek support from others for ourselves in times of need.

