

YORK MAAMS

FRIDAY 20TH MARCH 2026

SESSION INFORMATION:

York Maams Men's Group – WAHS SEWB Session

📅 Friday 20 March 2026

🕒 10:00 am – 1:00 pm

📍 York Post Office, 134 Avon Terrace, York WA 6302

York Maams are invited to come together for a Social and Emotional Wellbeing (SEWB) yarn focused on mental health and wellbeing for Aboriginal men living in the Wheatbelt.

What this session is about

- Having an open yarn about men's SEWB
- Talking about mental health challenges and strengths
- Sharing experiences of living in the Wheatbelt
- Learning about supports available through WAHS
- Supporting one another in a safe, respectful space

This is not about pressure or judgement — it's about looking after ourselves and each other.

☕ Morning tea will be provided

All York Maams are welcome. Come along, have a yarn, and help bring the yarning circle to life.

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HEALTH
MATTERS



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INFO:

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