



# Supporting Toowoomba small business to be mentally healthy

Running a small business can be rewarding but also stressful, and there is good chance COVID-19 has made things even more challenging. *Ahead for Business* is a new digital hub developed to support the mental health and wellbeing of Australian small business owners.

The *Ahead for Business* team at **Everymind** will be working with small business owners and those who support them in Toowoomba until June 2021 and invite you to the following:

**Focus groups:** Share your insights into current mental health supports available and needs of small business owners in your area, and help develop new resources tools and training on *Ahead for Business*. See dates/times below and register via: <https://bit.ly/362w27p>

12:00 - 1:00pm  
9 March

8:00 - 9:00am  
11 March

**Free online wellbeing workshops:** Join an online training session and learn about mental health and wellbeing in small business. See dates/times below and register via: <https://bit.ly/2Y3hNul>

11:00am - 12:00pm  
17 February

12:00 - 1:00pm  
17 March

2:00 - 3:00pm  
14 April

12:00 - 1:00pm  
12 May

12:00 - 1:00pm  
9 June

For more information, please contact: [hello@aheadforbusiness.org.au](mailto:hello@aheadforbusiness.org.au) or 02 4924 6900.