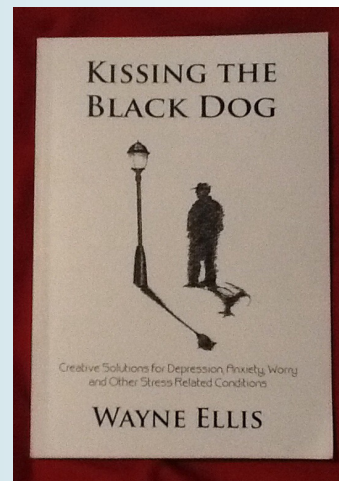


# Kissing the Black Dog

## with Wayne Ellis

Wayne Ellis, author of *Kissing the Black Dog* joins us on World Mental Health Day to present creative solutions for depression, anxiety and other stress related conditions.

Gain a wide understanding of mental health issues and some useful tools that can be used to improve your health and help you feel empowered.



Noosaville Library

Noon-1.30pm Saturday 10 Oct

Free. No bookings required. 5329 6555  
or [www.libraries.noosa.qld.gov.au](http://www.libraries.noosa.qld.gov.au)

