Feeling stressed, anxious, sad or overwhelmed?

A Family Life Connect mentor can help you.

Everyone has times when they feel stressed, anxious, sad or overwhelmed. This can affect our work, study, hobbies and relationships.

Family Life’s Connect is a FREE service that puts people living in the Greater Dandenong community in touch with mentors.

With guidance, you can begin to take practical steps to improve how you feel, how you cope and how you connect with local support that is available to you.

Our mentors speak a range of languages, including:
- Arabic
- Farsi
- Dari
- Urdu

The FamilyLife Connect service is funded by the South Eastern Melbourne Primary Health Network.

Contact us today

Visit Family Life - Connect
Level 2, 1-7 Langhorne Street, Dandenong VIC (above Dimmeys)
direct 0451 632 771 or 1800 326 543
connect@familylife.com.au

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Has anyone ever been there for you when you felt stressed, anxious, sad or overwhelmed?

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