




Join us for high tea

selectability recognises the challenges that
partners and families face with a loved one in the
Defence Force.



This free high tea is an opportunity for current and past Defence partners to come together, share stories and offer support to one another. You'll hear from guest speakers and learn tips to reduce stress and take care of your own mental wellbeing.



Date: Wednesday 13 June, 2018

Time: 9am - 12pm

Where: Mercure Townsville

Cost: FREE

[Register now](#)

Contact (07) 4725 3664 for more information



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