

Show someone some

Kindness

We're giving our community a simple way to connect
Kindness Cards give you a way to offer help and support to others you think are struggling in subtle way.

You can find out more on our website, www.bodc.tas.gov.au

Kindness benefits both the receiver and the giver and has been shown to improve physical and mental health outcomes for all involved, it's like a smile, a little bit of kindness can go a long way.



You can collect Kindness Cards during business hours from the main Council Office at 32-34 Georges Bay Esplanade, St Helens.