

Well-Being Newsletter

Term Three 2020

Well, last Well-Being Newsletter we were back at school celebrating being back together and now we are home again!! It is no surprise that with the yo-yo of this year and the stress it has placed on families that this time around has been a bit harder, or a lot harder. Keeping up the momentum when there is no clear finish line is tough. No doubt about it. Every expert is telling us that the feeling of 'meh', the lack of motivation and the constant ups and downs of our emotions is to be expected and is normal. Even though we all know that, some days it is still all-consuming when we are sitting in it. As parents (and as teachers) we all have days (and let's face it weeks) that we can't bare the idea of looking at a computer screen for one second longer, listening to our kids 'negotiate' over whose turn it is or click on to Google Classrooms to do any more remote learning! The tipping point for all of us may well be the squeak of the pantry door and those words of, 'I'm hungry' on repeat!! I think what we have to do is be kind to ourselves, know that whatever our houses look like, whatever our mood, however it is we are getting through this, we are doing OUR best and that is more than enough.

I would encourage everyone to look through the slides I sent out from the Better Brain Session the other night, it gave great insight in to why we are feeling the way we are and what is happening inside our bodies during this 'trauma'. Video link below if you missed it and would like to watch it.

Alesha x

Dates to Remember

Building Better Brains Online

sessions- FREE

Thursday 27/8/20 7-9pm

Thursday 10/9/20 7-9pm

You deserve to be in spaces and relationships that make you happy; that feed your soul and help you grow. You are worthy of connections that are loving, nourishing, kind and authentic. Before you settle for anything less than, remind yourself that the places you visit and people you journey with through life should make you feel safe, loved and enough.

Building Better Brains

Missed it? Watch it here... (big thanks to Viv for sorting the recording)

<https://drive.google.com/file/d/1nhQCi6LR-1Pmg6mKiBLo-iN5beoV2i9v/view>

Our first session with Building Better Brains was a great success and we had about 45 teachers and parents attend the session online. Sian and Tony were engaging hosts that taught us so much in just a short time. Please find the link attached if you would like to watch the session OR look out for the slides I sent through in your email. I had great feedback from our community such as:

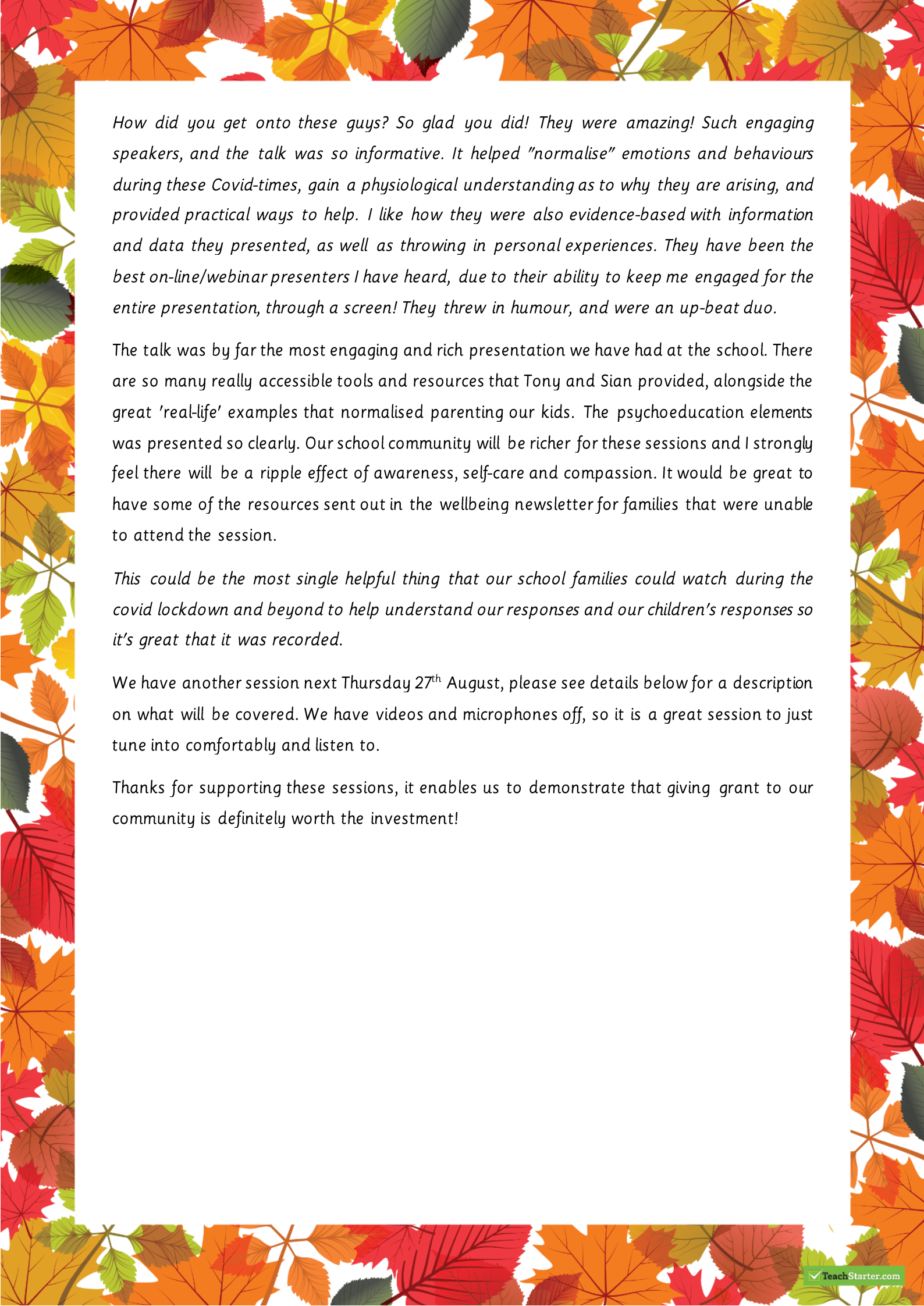
Thank you so much for organising the amazing lecture tonight! I just loved it. What a beautiful couple they were! So very informed and yet so relaxed and comfortable. Lots of great take-home messages - that we're all in this together! That up and down days are totally normal, that 70% is ok!!! Great for people (like me) who think that 100% is necessary! 😊 That lovely reminder about neuroplasticity and that healing and improvement are totally possible for people dealing with pain, mental illness, and just plain old mental up-and-downness! Really uplifting and inspiring! Also there were so many wonderful parenting tips! I look forward to the next one!

Thank you for the informative session tonight with Tony and Sian. It was so good to always be reminded to shift your thinking and behaviour to get different outcomes and results. The session was a great reminder we are all in this together and everyone is dealing with a mixture of emotions and exhaustion. It was great to be taught some signs that you may see in your children and to recognise what they maybe. Also how to deal with those signs and to help continue to support your child in ways you may not of thought about.

Some great breathing techniques which I've already shown my child. They said the five finger breathing technique was really good.

It was good to be reminded to self regulate ourselves when so much is going on and outside everyday stresses.

There is a wonderful energy and partnership between Tony and Sian that shines through.



How did you get onto these guys? So glad you did! They were amazing! Such engaging speakers, and the talk was so informative. It helped "normalise" emotions and behaviours during these Covid-times, gain a physiological understanding as to why they are arising, and provided practical ways to help. I like how they were also evidence-based with information and data they presented, as well as throwing in personal experiences. They have been the best on-line/webinar presenters I have heard, due to their ability to keep me engaged for the entire presentation, through a screen! They threw in humour, and were an up-beat duo.

The talk was by far the most engaging and rich presentation we have had at the school. There are so many really accessible tools and resources that Tony and Sian provided, alongside the great 'real-life' examples that normalised parenting our kids. The psychoeducation elements was presented so clearly. Our school community will be richer for these sessions and I strongly feel there will be a ripple effect of awareness, self-care and compassion. It would be great to have some of the resources sent out in the wellbeing newsletter for families that were unable to attend the session.

This could be the most single helpful thing that our school families could watch during the covid lockdown and beyond to help understand our responses and our children's responses so it's great that it was recorded.

We have another session next Thursday 27th August, please see details below for a description on what will be covered. We have videos and microphones off, so it is a great session to just tune into comfortably and listen to.

Thanks for supporting these sessions, it enables us to demonstrate that giving grant to our community is definitely worth the investment!



Trauma Smart Schools

Parent and Carers Education and Support Series

presented by

Sian Chambers-Vallance

BPA, BA (Psychology), Post Grad Dip Clinical Play Therapy, Dip Counselling, Certified Parent Educator

Yarra Ranges School Focused Youth Services has funded a series of FREE ONLINE Parents, Carers and Educator workshops for our school community covering the following topics:

Workshop 2: Connection Based Parenting

Learn how to build better brains and relationships for all ages. Learn what connections are essential for building resilient, confident and emotionally intelligent brains and how to use games, play and connection to help regulate your child's stress responses. Participants will find new ways to support challenging behaviour and increase family fun.

Thursday 27th August 2020, 7:00– 9pm

Workshop 3: Building More Mindful Families

Practice mindful moments in your daily life. Train the brain for a sense of calm, self compassion and kindness. Participants explore how mindfulness physically changes our brain, behaviour & transforms our relationships.

Thursday 10th September 2020, 7:00- 9pm

PREPS



Our usual '100 Days of School' celebrations could not go ahead as usual this year because of 'you know what', so the Prep team organised a special message for our gorgeous kids. As usual our beautiful staff jumped at the chance to make our kids feel special! We are so proud of all the Preps and their families who have only been at school such a short time this year.

Congratulations on 100 days of learning!!

Follow the link below as our staff send some love to our Preps:

<https://drive.google.com/file/d/1VqrlFUzdb2FFYfYlrPsGbdolAApFS9Mu/view?usp=sharing>



An inspiring letter from one of our Grade 6

students to their teacher....

Last night Mum read me an amazing speech from the Uganda President, and it made me look at this situation very differently. I know I have been saying "I wish we were back at school" but I really want to thank you for keeping me educated during Coronavirus. I didn't really know how many people would love to have an education at all, never mind being lucky to continue during Coronavirus.

I know we are not a religious school, but the speech is pretty inspiring. Here it is:

Uganda President KAGUTA MUSEVENI warns against people misbehaving during this COVID-19 period, *"God has a lot of work, He has the whole world to look after. He cannot just be here in Uganda looking after idiots..."*.

Below is his reported statement.

"In a war situation, nobody asks anyone to stay indoors. *You stay indoors by choice.* In fact, if you have a basement, you hide there for as long as hostilities persist.

During a war, you *don't insist on your freedom*. You willingly give it up in exchange for survival.

During a war, you *don't complain of hunger.* You bear hunger and pray that you live to eat again. During a war, you *don't argue about opening your business*. You close your shop (if you have the time), and run for your life. You pray to outlive the war so that you can return to your business (that's if it has not been looted or destroyed by mortar fire).

During a war, you are *thankful to God for seeing another day in the land of the living*.

During a war, you *don't worry about your children not going to school.* You pray that the government does not forcefully enlist them as soldiers to be trained in the school premises now turned military depot.

The world is currently in a state of war. A war without guns and bullets. A war without human soldiers. A war without borders. A war without cease-fire agreements. A war without a war room. A war without sacred zones.

The army in this war is without mercy. It is without any milk of human kindness. It is indiscriminate - it has no respect for children, women, or places of worship. This army is not interested in spoils of war. It has no intention of regime change. It is not concerned about the rich mineral resources underneath the earth. It is not even interested in religious, ethnic or ideological hegemony. Its ambition has nothing to do with racial superiority. *It is an invisible, fleetfooted, and ruthlessly effective army.*

Its only agenda is a harvest of death. It is only satiated after turning the world into one big death field. Its capacity to achieve its aim is not in doubt. Without ground, amphibious and aerial machines, it has bases in almost every country of the world. Its movement is not governed by any war convention or protocol. In short, *it is a law unto itself. It is Coronavirus. Also known as COVID-19* (because it announced its destructive presence and intention in the year of our Lord 2019)

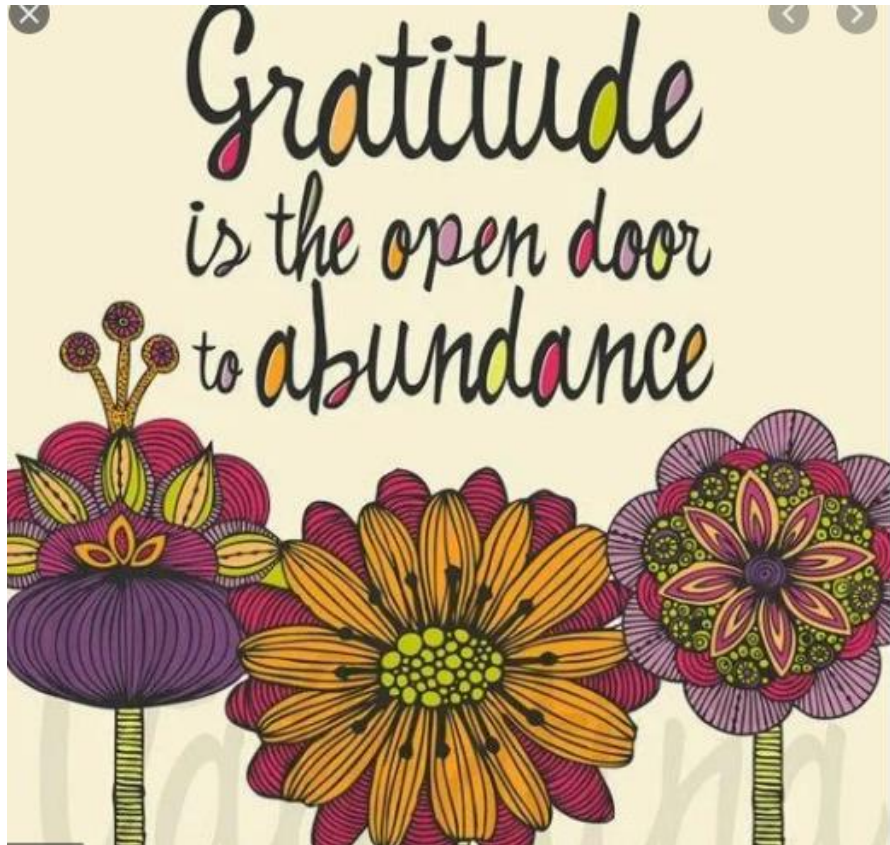
Thankfully, this army has a weakness and it can be defeated. It only requires our collective action, discipline and forbearance. *COVID-19 cannot survive social and physical distancing.* It only thrives when you confront it. It loves to be confronted. It capitulates in the face of collective social and physical

distancing. It bows before good personal hygiene. It is helpless when you take your destiny in your own hands by keeping them sanitized as often as possible.

This is not a time to cry about bread and butter like spoilt children.* After all, the Holy book tells us that man shall not live by bread alone. *Let's obey and follow the instructions of the authorities.* Let's flatten the COVID-19 curve. Let's exercise patience. Let's be our brothers' keeper. *In no time, we shall regain our freedom, enterprise and socializing."

In the midst of EMERGENCY, we practice urgency of service and the urgency of love for others✧✧

God bless us all



What if instead of 'falling behind', this group of lockdown kids are actually ahead? Hear me out...

What if they have more empathy, enjoy family connection, can be more creative and entertain themselves, love to read, love to express themselves in writing?

What if they enjoy the simple things, like their own garden and sitting near a window in the quiet? What if they notice the birds and the dates the different flowers emerge, and the calming renewal of a gentle rain shower?

What if this generation are the ones to learn to cook, organise their space, do their laundry and keep a well-run home?

What if they learn to ride a bike, play a board game, do simple crafts, learn to bake, climb a tree, play without a screen?

What if they learn to understand the value of money, what's important and how to live with less? What if they learn to plan shopping trips and meals at home?

What if they learn the value of eating together as a family and finding the good to share in the small delights of the everyday?

What if they learn to just be: to be resilient, to be content?

What if they are the ones to place great value on our teachers and educational professionals, librarians, public servants and the previously invisible essential support workers?

What if, among these children, a great leader emerges who had the benefit of a slower pace and a simpler life to truly learn what really matters in this life?

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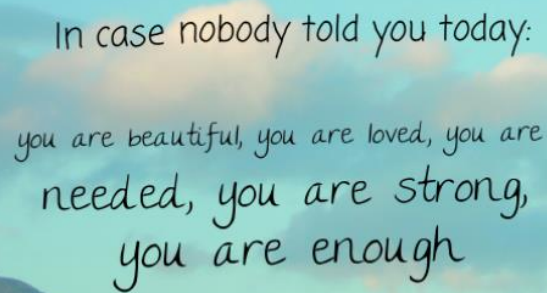
What if they are AHEAD?

Every time I say, 'no', my kid hears, 'ask again, she didn't understand the question.'

Housewife Plus



Can you relate???



In case nobody told you today:
you are beautiful, you are loved, you are
needed, you are strong,
you are enough

Teacher Well-Being

Every WB Newsletter, I start to try and tackle the issue of teacher well-being. How to communicate what it is like behind the scenes for teachers and what it feels like to try and 'hold' and support so many students and families individual needs. It is why we teach, it is what we love, we would not change that part of our job for anything. There are times when it does take its toll though, emotionally and mentally. Every time my words hit the page to discuss this, I question if we have the right to express that sometimes we struggle as teachers and that the enormity of the job can sometimes just consume our worlds, sometimes to the point we don't think we can do another day, even though we love it so much. So the topic gets no further, cast aside because it just doesn't seem right to talk about???. For now, until it becomes clearer on the right way to unpack and share this, I have found some online quotes (not from our staff, but relatable) that explain a little about what we are missing through the remote learning process.....

"I get to know kids in 100 little moments throughout each school day. These little moments are the ones we all are missing—they drive us at work every day through all the chaos,"

"I think we must accept that nothing we do in online learning will be the same as real school, but we have to make every effort to keep going; our students need us."

"At the start of the closure, there was this imperative to work around the clock to provide stability and consistency for students and families. As we move along, that is not sustainable nor is it wise," "Now it's about balancing workflow. Less is more; it is acceptable to slow down."

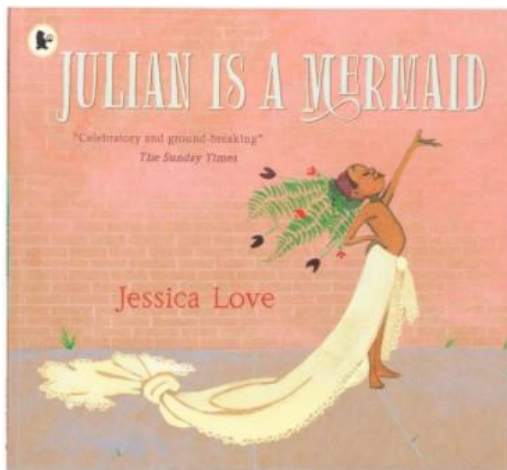
"I miss seeing the students' faces, the banter, the fun in the classroom. It's certainly easier teaching face to face as well."

"I probably answer a question every 5-10 seconds out of the day, and it makes my head spin some days, but boy oh boy I miss those questions right now. I miss having to be on my toes, and the desire the kids have to learn new things. I miss my kids."



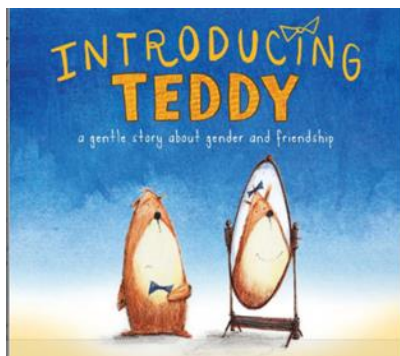
Amazing Books for your shelf

These books were gifted to us by one of our Patch families, they are beautiful tools for understanding and discussing gender and seeking our true selves. When we are back at school we will make these part of our collection in The Nest for parents to borrow and share. Until then I have found some online readings of the books. ☺



Julián is a Mermaid is Jessica Love's award-winning debut picture book, published by Candlewick Press. *Julián is a Mermaid* is a story about a boy and his Abuela. It is a story about being seen for who we are by someone who loves us. Listen to the story at

<https://safeYouTube.net/w/4ZlU>



Watch and listen here:

<https://safeYouTube.net/w/ycmU>

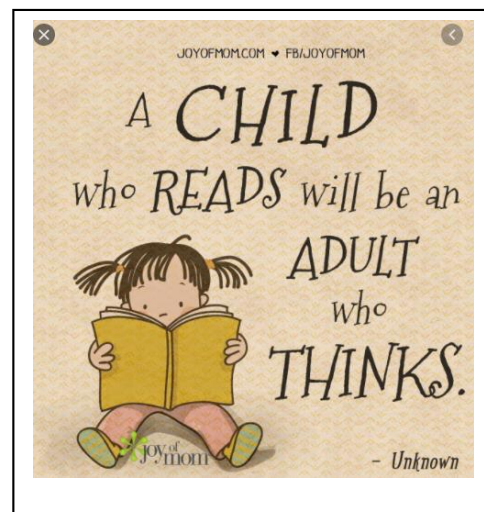
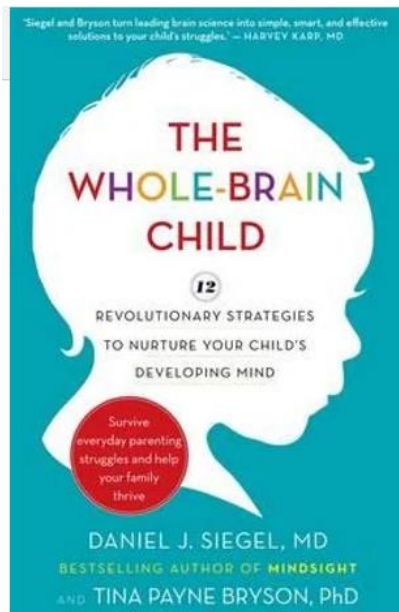
About Introducing Teddy

Errol and his teddy, Thomas, are best friends who do everything together. Whether it's riding a bike, playing in the tree house, having a tea party, or all of the above, every day holds something fun to do.

One sunny day, Errol finds that Thomas is sad, even when they are playing in their favorite ways. Errol can't figure out why, until Thomas finally tells Errol what the teddy has been afraid to say: "In my heart, I've always known that I'm a girl teddy, not a boy teddy. I wish my name was Tilly, not Thomas." And Errol says, "I don't care if you're a girl teddy or a boy teddy! What matters is that you are my friend."

Recommended reading from our community:

Dan Siegal's The Whole Brain Child. It's accessible and great to dip in and out of in times of need! As a parent you start to see things from the perspective of how your child is developing and offers simple, memorable strategies.



This Yet finds a way, even when you don't,

And, Yet knows you will, when you think you won't.

Each of us, from the day we're born, is accompanied by a special companion--the Yet. Can't tie your shoes? Yet! Can't ride a bike? Yet! Can't play the bassoon? Don't worry, Yet is there to help you out.



As you know at The Patch we embrace The Berry Street Educational Model as the basis for all we do. They have wonderful resources and information to access during this time also. Please click on the links to take you to some fantastic resources:

<https://www.berrystreet.org.au/covid-19-resources>

- Parents and carers be kind to yourself
- Creating a soothing and new household rhythm in uncertain times.
- Berry Street have also provided a suggested timetable for your home (see below) and a template to make and create one yourself. Follow the link above for the template.

Our plan for the day

By 9.00am	Get up and going	<ul style="list-style-type: none"> Wake up Eat breakfast Get dressed and brush teeth Make bed
9.00 – 10.00	Exercise time	<ul style="list-style-type: none"> Go for a walk or ride a scooter/bike Kick or throw a ball Jump on trampoline or skip rope Do some stretching or yoga
10.00 – 12.00	Learning time	<ul style="list-style-type: none"> Do some educational activities together Include some 'brain breaks' i.e. listening to one song while doing a dance, doing 'heads, shoulders, knees and toes' or play 'Simon says'
12.00 – 12.30	Lunch	<ul style="list-style-type: none"> Get kids to help set the table Sit down and eat lunch with them
12.30 – 1.00	Helping out	<ul style="list-style-type: none"> Chores and jobs to help around the house or garden – fold washing, tidy toys, rake leaves, empty dishwasher etc
1.00 – 2.00	Free time	<ul style="list-style-type: none"> Use iPad, play games, read a book, listen to music, watch TV
2.00 – 3.00	Creative time	<ul style="list-style-type: none"> Arts and crafts activities Do a performance or choreograph a dance Make up a new game Do face painting Playdough, kinetic sand Build a card tower
3.00 – 3.30	Contact someone	<ul style="list-style-type: none"> Video call Make a video on your phone Write a letter or send an email
3.30 – 4.30	Play time	<ul style="list-style-type: none"> Ride bike, scooter or skateboard Go on a nature hunt Do sensory activities Draw with chalk on paving
4.30 – 5.30	Free time	<ul style="list-style-type: none"> Use iPad, play games, read a book, listen to music, watch TV
5.30 – 7.00	Dinner time	<ul style="list-style-type: none"> Help prepare dinner, set the table, sit down and eat and then help do dishes
7.00 - bedtime	Pre-bed routines	<ul style="list-style-type: none"> Bath/shower, brush teeth and put pyjamas on Read stories Watch TV or movie together Play a board game Discuss the highlights of the day and plans for tomorrow

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We all experience it, it is normal. The trick is to not let it take over, but to let it pass over. Here are some tips for managing stress.



Nutrition

Food is Medicine. Do not underestimate the power of healthy balanced eating. **Vitamins & Minerals** You need these to



make the neurotransmitters that help you cope with stress and get you to calm and happy. Eating junk and processed foods as a main food source will not provide your brain with what it needs. The bulk of your 3 meals needs to be fresh and whole, so ditch the cereal for breakfast and cook some porridge or eggs on the stove.

Blood Sugar Management: Blood sugar spikes and dives initiate a stress response from the body, and can leave a person irritated, unable to concentrate and overwhelmed. Eat well, eat enough, add protein to every meal like lean meat, fish, eggs, beans & lentils, and fibre like beans & lentils again, fruit, vegetables and whole grains. These two things will keep your blood sugars steady and keep you full in between meals so you do not over-eat and create unhealthy eating habits.

Sleep



Sleep is the time your brain detoxes; it is essential to mental health.

For the best sleep habits, get outside during the day even if it is cold, rug up and go out into the light, it helps to set your circadian rhythm or your sleep-wake clock, correctly.

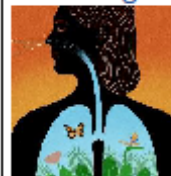
Stay away from sugar, caffeine and alcohol before bed, these can spike cortisol causing a stress response, or can create a blood sugar drop in the middle of the night that can wake you up, and keep you awake.

Always try to have a gentle couple of hours before bed. Remove yourself from stressors that will hang in your mind like social media and emails. Have a wholesome relaxed dinner that includes protein, eat slowly so your meal digests properly.

Drink calming herbal tea, such as chamomile or passionflower. Keep your bed and bedroom clean and tidy, a fresh and organized environment will energetically hold a space for relaxation and restoration.

Practice deep breathing.

Breathing



You may be surprised to know that we often forget to breath and

hold our breath during a day without realising.

Notice your breathing during the day, to see what your breathing habits are. Breathing needs to be practiced, it will fuel your brain with oxygen and calm. Try this: Bring your awareness to your breaths.

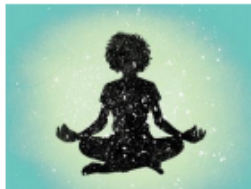
Alternate between normal and deep breaths a few times. Notice differences between normal and deep breathing. Notice how your abdomen expands with deep inhalations.

Note how shallow breathing feels compared to deep breathing. Practice your deep breathing for a few minutes.

Place one hand below your belly button, keeping your belly relaxed, and notice how it rises with each inhale and falls with each exhale. Let out a loud sigh with each exhale.

Begin the practice of breath focus by combining this deep breathing with imagery and a focus word or phrase that will support relaxation.

Mindfulness



Mindfulness is about slowing down, stopping, and becoming present in the moment. You can practice mindful eating by slowing down your chewing, and putting down your fork in between bites, tasting and feeling the texture of food, noticing the sensation of food finding your stomach. Mindfulness comes with breathing, when you stop and place your attention on your breathing, you can do this anywhere, on public transport, in the park at lunch, at events where you may be feeling overwhelmed. If you need a break in the middle of work, focus on your breath and find a window to look out of, find a floating cloud or flickering leaf and become present to nothing else but it and your breath for a minute. Other mindfulness practices include, meditation, prayer, yoga, tai chi and sweat lodges.

Movement



As the saying goes *mens sana in corpore sano*, that is a sound mind in a sound body. Our bodies require frequent movement to maintain function and so do our minds. Exercise will help you feel more energetic throughout the day and sleep better at night. Aerobic exercise increases our heart rate and thus oxygen and blood flow to our brains, become a frequent dancer and receive a wash of endorphins through your brain each time improving cognitive processes and memory, as well as offering analgesic and antidepressant effects, reducing anxiety, and producing a general sense of wellbeing. Regular exercise can also help to prevent and even treat neurological disorders and neurodegenerative diseases such as Parkinson and Alzheimer's Disease.

Self-Care



What does self-care mean to you? Its different for each person. It could be having 2 hours to yourself uninterrupted, meeting up with friends for a laugh and chat. I could be making time for weekly tai chi, yoga, or exercise classes, have a weekly session with a counsellor or psychologist. How about refusing to check your emails after 6pm and on weekends. Or boundaries, that is not allowing other peoples behaviour to take away your energy and peace. Learning to say no. Learning to guide with your truth and being kind and compassionate to yourself. A drive to the beach, or a visit to a beautician or masseuse.

Find what gives you peace and recharges you and do that.

Websites You May Find Helpful:

- **Headspace** National Youth Mental Health Foundation – www.headspace.org.au
- **Smiling Mind** is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life www.smilingmind.com.au
- **Insight Timer** TIME magazine voted it as one of the best meditation apps of the year - insighttimer.com
- **Check out these apps too:** Breath2Relax & Stop Breath & Think

**If you or anyone you know
needs help:**

- [Lifeline](#) on 13 11 14
- [Beyond Blue](#) on 1300 224 636
- [MensLine Australia](#) on 1300 789 978
- [Suicide Call Back Service](#) on 1300 659 467
- [Kids Helpline](#) on 1800 551 800
- [Headspace](#) on 1800 650 890
- [QLife](#) on 1800 184 527
- [Relationships Australia](#) on 1300 364 277
- [ReachOut Australia](#)

Other Useful Contacts...

For Men

No To Violence: Male Family Violence Prevention Association

Peak body for individuals and organisations who want to contribute to male family violence prevention.

03 9487 4500

www.ntv.org.au

Men's Referral Service

Anonymous and confidential telephone service provided by men for men. It offers a central point of contact for men who want to stop violent or abusive behaviour towards their family

members.

1300 766 491 (Mon-Fri 8am-10pm, Sat-Sun 10am-4pm)

MensLine Australia

Professional telephone and online support, information and referral service for men, specialising in family and relationship concerns.

1300 789 978

www.mensline.org.au

For Women

Women's Safety After Separation

Information for women facing separation, particularly where there is violence and abuse.

ncsmc.org.au/wsas/welcome.htm

WIRE (Women's Information and Referral Exchange) is a Victoria-wide free generalist

information, support and referral service run by women for women.

1300 134 130 (9am - 5pm)

wire.org.au

Women's Health Victoria

Free, confidential and statewide health service offering information, support, a library and referral options for women. Run from the Royal Women's Hospital.

thewomens.org.au/WomensHealthInformationCentre

Centres Against Sexual Assault (CASAs)

Centres offer 24 hour crisis support to recent victims of sexual assault, as well as counselling, legal and medical support and information.

www.casa.org.au

1800 806 292 (all callers are automatically transferred to their local CASA within Victoria)

(Eastern CASA is in East Ringwood - 9870 7330)

Adults Surviving Child Abuse (ASCA)

Counselling support line, information, support, referral for survivors, supporters and health professionals.

1300 657 380 (7 days, 9am-5pm)

For Children and Young People

DHS Child Protection Crisis Line

131 278 (24 hours/7 days) - statewide

Australian Childhood Foundation

www.childhood.org.au

1800 176 453 or 03 9874 3922

Parentline Victoria

www.parentline.vic.gov.au

132 289 (8am-midnight, 7 days)

Kids Helpline

<https://kidshelpline.com.au/>

1800 551 800 (24 hours/7 days)

Australian Childhood Foundation

Works to protect the rights and ensure the safety of children. Provides trauma counselling, professional training, advocacy, research and parent support.

www.childhood.org.au

For LGBTIQ

QLife Australia (formerly Switchboard Victoria)

Australia's first nationally-oriented counselling and referral service for people of diverse sex, genders and sexualities. Provides nationwide early intervention, peer supported telephone and web-based services to support LGBTIQ people of all ages.

www.qlife.org.au

1800 184 527 (3pm-midnight, 7 days)

Gay and Lesbian Health Victoria (GLHV)

GLHV is a lesbian, gay, bisexual, transgender and intersex (LGBTI) health and wellbeing policy and resource unit.

www.glhv.org.au/

03 9479 8760



www.arcvic.org.au

The Anxiety Recovery Centre Victoria (ARCVic) is a state-wide, specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders. We aim to support and equip people with knowledge and skills that will build resilience and recovery and reduce the impact of anxiety disorders.

Community support and self-help services play a vital role in promoting the emotional, mental and social well-being of people living with anxiety disorders.

Supporting people to learn and implement effective self-help and self-management of their symptoms will contribute to their inner resilience, quality of life and recovery. Isolation and alienation from family, friends and the community militate against recovery. Regaining a sense of belonging and confidence with others is often most effectively achieved through connection with a community of people with common conditions and experiences.

Partnerships between professionals and consumers, and support and clinical services, will ensure that the experience and knowledge of people with anxiety disorders will be valued and heeded, and contribute to the development of appropriate and effective services.


Staying positive
doesn't mean you have
to be happy all the time.

It means that even on
hard days you know that
there are better ones
coming.



If you would like to include an article in our Term 4 Well-being newsletter please email me your article

alesha.sangster@education.vic.gov.au



Be Amazed
#BEASCOUT

Join Scouts Free Today!



1st Kallista Scout Group

Scouting actively engages and supports young people aged 5-25 in their personal development, empowering them to make a positive contribution to society.

kallistascout@gmail.com

Now meeting online!

*Free till March 2021.



1800 SCOUTS
scoutsvictoria.com.au

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*Free till March 2021.



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#BEASCOUT



Yarra Ranges Families

Supporting Yarra Ranges Families
with children aged 0-12



Yarra Ranges Families

@yrfamilies · Community

Send Message

Check out the Yarra Ranges Family Facebook Page. Its aim is to provide content and resources to strengthen parenting, engagement, community connections and social interactions for families with children 0-12 years.

Getting Through Tough Times

This 90 minute online webinar offers information and practical exercises to understand and reflect on the stress in our lives, and explore ways to improve our overall wellbeing.

What topics will the session cover?

- What is stress and how do we experience it
- Our automatic reactions to stress
- Increasing awareness and cultivating calm
- Different ways of managing stress
- Finding our own strategies

What do I need?

- A notebook, a few pieces of loose paper and pen (a range of colourful pens would be ideal)
- A quiet space where you won't be interrupted while you participate

How will it work?

In order to access our Zoom workshop, you will need a smart phone or computer and an email address. You do not need to sign up or create an account, simply enter as a guest. When you register your interest via email you will be sent a link to use Zoom. You can click on the link 15 minutes prior to the session. You will do the activities in private and have the option to share video with presenters and other participants.

When is it happening?

- Thursday 13 August – 2.00 – 3.30
- Thursday 20 August – 2.00 – 3.30
- Thursday 27 August – 2.00 – 3.30
- Thursday 3 September – 10.00 – 11.30

You can book in to our workshops and see what is available here:

<http://lifeconnect.eventbrite.com> Have a question or want to be notified of more dates? Email Lifecconnect@neaminational.org.au

All sessions are free and available to people living or working in the following LGA's Banyule, Boroondara, Knox, Nillumbik, Manningham, Maroondah, Mitchell (partial), Monash, Murrindindi (partial), Whitehorse, Whittlesea, Yarra Ranges.

LifeConnect is a Neami National service supported by the Victorian Government, and Australian Government under the PHN Program.



Neami is the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging. Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.