

THE  
**RESILIENCE  
PROJECT**

TEACHING YOUNG AUSTRALIANS TO BE  
**MENTALLY HEALTHY**

**COMMUNITY INFORMATION  
NIGHT**

Mental Health is as important as our physical wellbeing. Learn about methods to support a healthy mind from the

**Founder of The Resilience Project**

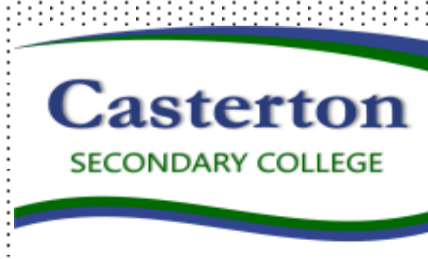
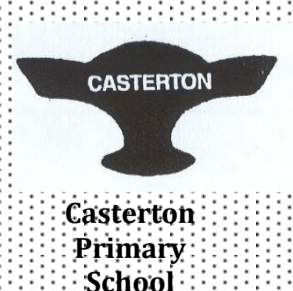
**Hugh van Culenburg**

WHEN: Tuesday 22<sup>nd</sup> August 2017

TIME: 7pm, Supper provided

WHERE: Casterton Town Hall

**FOR BOOKINGS PH 55811588**



[www.resilienceproject.com.au](http://www.resilienceproject.com.au)