

Brigid's Well

- A space for students to
 - Find Calm
 - Reflect and Meditate/Mindfulness
 - Self Care
- Access Wellbeing and Pathways Resources

Brigid's Well Drop-In-Centre

Open afterschool every
Day 3 and Day 8

Special Weekly Lunchtime Activities

Meditation and Mindfulness

Day 4

Yoga

Day 9

Book your place –
brigidswell@killester.vic.edu.au

Brigid's Well is a ...

- A space for students to
- Space of calm
 - A quiet Space
 - Mobile phone use for calming and meditation Apps

Student Access - Lunchtimes

Year 7 – Day 1
Year 8 – Day 2
Year 9 – Day 5
Year 10 – Day 6
Year 11 – Day 7
Year 12 – Day 10