



## Online Well-Being Session

Extended Lockdowns have been really hard on everyone's mental health. Join us for a well-being session where we will learn about regulation strategies, create a well-being plan and so some simple art activities.

**Booking Link: <https://www.trybooking.com/BTUNB>**

- **Children (6-12yrs) 4pm Tuesday 31<sup>st</sup> August**
- **Young People (13-17yrs) 4pm Wednesday 1<sup>st</sup> September**
- **Parents 8pm Tuesday 31<sup>st</sup> August**
- **Adults 8pm Wednesday 1<sup>st</sup> September**



**FREE via ZOOM**

For Further information contact Bec at: [rebeccafilliponi@gmail.com](mailto:rebeccafilliponi@gmail.com)

Facebook: Bec Filliponi – Therapeutic Service

*Generously supported by Yarra Ranges Council & Belgravia Foundation*