



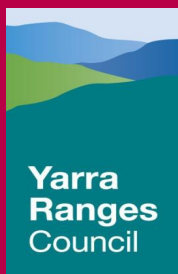
Online Well-Being Session

Times are really tough at the moment and connecting with others can really support our mental health and well-being. Join us for an online session, where we can help each other through mindfulness, regulation strategies and art.

Booking Link: <https://www.trybooking.com/BTZOW>

Tuesday 14th September

- 4pm – Children (6-12yrs)
- 8pm – Parents



Wednesday 15th September

- 4pm – Young People (13-17yrs)
- 8pm – Adults

For Further information contact Bec at: rebeccafilliponi@gmail.com
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