

# NURTURE THE WELLBEING OF OUR YOUNG PEOPLE

## You're invited

We warmly invite our community members to come together to develop and implement strategies that enhance the mental health and social-emotional wellbeing of Aboriginal and Torres Strait Islander youth (ages 15-25) in the Whitsunday region.

### Our aims

- **Reconnect with culture:** celebrate and honour our rich cultural heritage to strengthen connections within our community
- **Healthy use of technology:** explore the impacts of screen time and social media, finding balanced ways to engage
- **Build resilience:** foster a sense of strength and resilience within a caring community framework

### Be part of our journey

Your stories, knowledge and experience are vital to this process. Join us in creating an **8-week holistic plan** aimed at uplifting our youth and enriching our community.



Scan QR Code to register

OR contact Jean Andersen  
on 0459 816 364

[jeanandersen@feroscare.com.au](mailto:jeanandersen@feroscare.com.au)

 **1300 986 970** or  
 **[feroscare.com.au](http://feroscare.com.au)**

### CHOOSE YOUR DAY

**Tuesday 11 February, 12 - 3 OR  
Wednesday 12 February, 5 - 8**

Bowen Community Centre,  
34-40 Gregory Street, Bowen

### Light refreshments provided

**Our program will culminate in a vibrant Community Expo, where we will showcase our collective wisdom and the positive outcomes of our collaborative efforts.**



Delivering the NDIS in your community