

RE SURFACING

A month of FREE mental health and well being events for Surf Coast families.

November 4 - 27, 2020



It's been a big year!

As we emerge from a long winter of remote learning, lock downs and isolation, join us in taking some time to focus how we can support our own mental health and well being, as well as that of the babies, children, and teens that we care for.

For more information visit www.surfcoast.vic.gov.au/resurfacing

Presented by Surf Coast Early Years and Youth

www.surfcoast.vic.gov.au

