

REVERB

Mental Health and Wellbeing workshops, designed and delivered by young people for young people.

1hr Workshop includes:



- Stories from youth facilitators about overcoming ill mental health
- Introductory strategies for young people to connect, reflect and process emotions.
- Local support services, self-care resources and activities available to young people.

REVERB

What:

Young people will have the opportunity to hear other young people's experiences of overcoming mental ill health and learn from practical, participant-led strategies that encourage better mental health outcomes. The workshops can be delivered online or face to face.

We can be flexible to your needs but our workshops usually run for 60-90 minutes.

Who:

Our workshops are co-designed and facilitated by youth facilitators from culturally and linguistically diverse backgrounds, who have been trained in facilitation, holding meaningful conversations, and use of language surrounding Mental Health.

Included:

Two youth facilitators to deliver the workshops.

CMY staff member to be present at the workshop and follow up with students directly after the workshop, if required.

Workshop materials and resources will be provided by CMY.

These workshops are fully funded. There is no cost to you or the young people involved.

For more information or to book a REVERB workshop, please contact:
Jess Case - Project Officer | 0475 400 883 | jcase@cmy.net.au