



The Marian



Newsletter No. 14
Term 3 | 8th September 2023

www.smseymour.catholic.edu.au | facebook.com/stmarysseymour | <https://pam.smseymour.catholic.edu.au>

St Mary's College Seymour is a Child Safe School. We promote the safety, wellbeing and inclusion of all children.

Dear Parents and Carers,

Recently I viewed the Netflix series *Painkiller* which follows the causes and consequences of America's opioid epidemic. The limited series is not easy to watch but it shines a light on how greed destroyed lives. Greed is defined as a selfish and excessive desire for more of something than is needed. A person may be greedy for wealth, possessions, fame, attention, or power. Pope Francis said "that deep down, peoples search for more is rooted in a desire for a sense of security, but there is a high risk that person will become a slave of wealth, accumulating it only for oneself and not in order to serve others." Catherine McAuley was unlike any other rich person of her time. She used her wealth to lease property on Baggot Street, a fashionable neighbourhood in Dublin, for the purpose of building a large house for religious, educational and social services for women and children. Amongst other characteristics Catherine McAuley showed contentment, gratitude and generosity. Our students, using Catherine McAuley as a role model, are called to demonstrate these qualities and to change a person's life by a single act of kindness. Kindness is a powerful force that can sink greed and bring joy and positivity to both the giver and the receiver.

Fathers Day Breakfast

Early Friday morning the smell of a delicious BBQ filled the grounds of St Mary's College. It was a great sight to see all fathers, grandfathers and father figures gathering with students in the quadrangle for our Father's Day celebrations. Thank you to our wonderful staff and College Parents and Friends for their support of this event.

As a father figure you are essential personnel in your home,
your impact is foundational and long- lasting.

A father figures strength can be powerful.

A father figures words can be fuelling and inspirational.

Hugs from a father figure can be deeply comforting.

A father figures smiles can instill joy and confidence.

Time with a father figure can be fun and productive.

A father figures guidance can be life-changing and foundational.

A father figures correction can be life-saving and life-giving.

Adventures with a father can be exciting and Memorable.

Lord God

Bless St Mary's College.

Let your life be our example to follow.

Through the gifts we receive from you, we will love and serve one another with gentleness and compassion.

Mary Our Mother, pray for us Catherine McAuley and St Anthony of Padua, pray for us. Amen

Stage 0 Building Project

The loan for a self-funded Stage 0 building project has been approved by CDF. Tenders have been received, a cost plan has been completed by a quantity surveyor and a tender analysis and recommendation has been made to Melbourne Archdiocese Catholic Schools (MACS). The Stage 0 project involves the construction of an additional primary classroom, along with the addition of three meeting rooms to the administration building.

Provisionally Registered Teachers

When people graduate from a university teacher education program, they are granted a provisional registration through the Victorian Institute of Teaching. In order to progress to full registration, provisionally registered teachers undertake a VIT inquiry process where they implement an improvement cycle and work closely with a mentor and other experienced colleagues through observations and professional discussions. Over the past month members of the College Executive have had the pleasure of meeting with graduate teachers to provide an opportunity for them to present their inquiry. Courtney Aldous, secondary Maths and Physical Education teacher investigated how the implementation of differentiated focus groups improve mathematical understanding. Aleisha Rogers, Year 1 teacher investigated the use of literacy assessment data to plan differentiated literacy groups that improve students' spelling skills. Courtney and Aleisha are congratulated on demonstrating the requirements and teaching practises to advance to full registration. You are both assets to St Mary's College and your students are fortunate to have you both as their teachers.

As this is the **final Marian** for **Term 3**, I extend my **thanks** to staff, students and families for their efforts throughout the term and **wish everyone some quality time** as a family, resting and recuperating over the holidays.

See you in Term 4.

Best wishes,



Genevieve Gordon

Acting Principal, St Mary's College Seymour

BAppScPE (RMIT), BExScHons (UB), MEdWellbeing (ACU)

Director of Teaching and Learning

Learning and Teaching Highlights Term 3

Throughout Term 3 it has been fantastic to see the engagement in learning across our Foundation to Year 10 classes. Our Primary students have collaborated to produce innovative ideas and results when challenged. Students have been given the opportunity to create machines and shelters, challenged us to explore the natural and built environment and different climate zones of our world. Biomes have been produced and the natural topography of Australia was shown using 3D materials.

In the Secondary sector our senior students have continued to develop their analysis of notable texts, exploring the challenging themes in 'Animal Farm' and 'To Kill a Mockingbird'. The focus on the impact of man on the natural environment continued with the Biomes produced in Humanities. Rocket production highlighted the benefit of working cross curricularly in Science, Mathematics and Physical Education. The focus on the design process in Arts and Technologies has seen our students continue to produce high quality work across a variety of mediums. These are just a few examples of the curriculum experiences planned and delivered by our staff which continue to challenge and progress our students at St Mary's College.



NAPLAN Results

The 2023 NAPLAN results were released at the end of August. There were great achievements for students who sat the tests across Years 3, 5, 7 and 9 with significant percentages of students in the Strong and Exceeding categories. Such results wouldn't happen if not for the hard work and dedication of our staff at St Mary's and the collaboration with students and families to engage in the learning at school. Thank you to our staff and LSO team who support our students to achieve success.

Elevate Education

Elevate Education have delivered study skills workshops to our Year 8-10 students, focusing on time management, study skills and exam technique. They have also continued to offer free parent webinars. Below is a link to their upcoming webinar on supporting your child through their exams.

<https://get.elevatecoaching.info/au/schoolwebinar>

Year 10 elective selections

Our current Year 9 students will get the opportunity to explore and choose their electives for Year 10 during week one of term four. Please look out for this information.

Mrs Julia Wood

julia.wood@smseymour.catholic.edu.au

Director of Wellbeing



PBL Focus

The PBL focus for the last week of term is **Be Punctual** and **Ready for Learning!**

Being on time and ready to learn benefits everyone. Teachers will notice students who are consistent in this.

In Week 10, students (**3** F-2, **3** 3-6, **4** secondary) will be awarded a canteen voucher for showing these qualities.

How can student's show That they are punctual and ready?

In Class: Arrive before the bell.
Bring what you need for lessons.
Move quickly and quietly between classes.

Homework: Complete and bring your homework.
Be prepared with materials.
Ask if you're unsure about tasks.

During Learning: Join in class chats and tasks.
Focus on lessons, not computers.
Listen to teachers and classmates.

Outside Class: Be on time for other school activities.
Plan ahead to avoid being late.
Remind friends about being punctual.



Mrs Allison Moore

allison.moore@smseymour.catholic.edu.au

Defence Mentor



On Friday September 1st our college Year 8 & Year 9's travelled out to Puckapunyal Military Base for the Army Work Experience Expo. After our arrival and a quick induction, all our students and staff were handed an orange vest and then proceeded into the expo. The expo gave all our students and staff a valuable opportunity to have a one-on-one discussion with ADF members to discuss their experiences, lifestyle and their job role. Some of the displays included Battle Tanks, Light armoured vehicles, Armoured Personnel Carriers, Air Defence Systems, Unmanned aerial systems and Communication systems. Students and teachers were also able to experience a ride inside a Bushmaster vehicle.



There was a physical training instructor where students could test their fitness or speak to the instructor about their career. A popular site was with the "Mine Detection Dogs" and speaking with their handlers. Students were able to speak to most ADF members about their roles including Chaplaincy, Military Police and also speak to a representative from the Australian Navy.

Thankyou to the ADF organisers who supplied our bus transport, lunch, water and fruit snack for the day.



A special thanks goes out to Julia Wood, Courtney Aldous, Jacqueline Cullum, who helped set up the day and to all the staff that came along and supported the students. With 1350 students expected from all over Victoria on the day, our students behaved very well, sometimes having to wait patiently in queues for lunch or vehicle rides. Well done everyone.

Defence Kids Club Foundation – Year 4 last week made some Father's Day or special person gifts and cards. I am hoping all the recipients enjoyed their gifts last Sunday and had a great day.

This week we are doing rock painting. I am sure there will be some interesting creations made from our rocks.

Vet Connect - Families

A family weekend program that aims to bring veteran families together providing opportunities for family social connection, developing new and improved relationships skills and working toward future goals.

- Puckapunyal – September 2023
- Sale – September 2023
- Wodonga – November 2023

To express your interest for this FREE weekend program scan the QR Code or email vet.connect@soldieron.org.au



Activities for Victoria 2023

SOLDIER ON



SOLDIERON MELBOURNE FACEBOOK GROUP

Keep up to date on all our activities, events and veteran information along with any last minute spots available on our Soldier On Melbourne FB Group.

To register or find out more please email activities@soldieron.org.au

All of our support services are **FREE** to veterans and their families!



ADF Families Event: Defence Family Blacksmithing Program

Defence Member and Family Support (DMFS) are excited to announce we will be hosting The Cuppacumbalong Foundation right here in Puckapunyal.

The Cuppacumbalong Foundation run a successful Defence Family Blacksmithing program and will be bringing this unique opportunity to Puckapunyal.

The program is for family pairs consisting of a veteran and a young person aged 12-16 years, undertaking a blacksmithing course through the experienced team from Tharwa Valley Forge. The program aims to provide opportunities for people to slow down, connect and focus through the process of making.

The Puckapunyal program will run over the week/end of **20th -24th September 2023**. Running one course per day.

Each course runs for one day and will consist of small groups made up of 4 family pairs allowing the dedicated and well-trained tutors the ability to provide intensive instruction while participants create something lasting.

There are two types of courses available:

- Forging a camping set aimed at families with a young person 12-13 years,

Or

- Forged knife and fork sets aimed at families with a young person 14-16 years.

Each course is one full day, running from 8am - 4pm.

Please register your expression of interest through Eventbrite today!

[An ADF Families Event: Defence Family Blacksmithing Program | Eventbrite](#)

Successful applicants will be notified by email no later than Monday, 11th September 2023.

Mrs Janice Kerris

janice.kerris@smseymour.catholic.edu.au

Year 7 Visual Art

During term three Year 7's looked at the artist Frida Kahlo. They learnt about her style, themes and her life.

Frida was a Mexican artist who painted a lot of self-portraits. She had a spinal injury and often painted while in her bed looking at a mirror above her head.

Students also learnt about the elements of Art and had to include as many of them in their artwork.



Students created a mixed media collage of either a self-portrait, a portrait of Frida or a theme linked to Frida. They had to use at least five different materials to create their work.

Kerrie Aldous
Visual Art Teacher

Parents & Friends Association

The Second-Hand Uniform Shop

How to access the shop: -

The uniform shop can be accessed during the College's business hours.

- The Second-Hand Uniform Shop keys can be obtained from the office.
- The shop is located adjacent to the Office.
- Unlock the door, have a browse and hopefully you can find what you are looking for.
- Lock the door and return the key to the office to make your purchase with office staff.
- We just ask that you leave the shop as you find it.

We would like to sincerely thank College families for the many generous donations. We have a lot of 'barely used' clothes donated recently that can benefit other families. We are particularly welcoming any sports uniforms or summer dresses. All donations are to be given to office staff. A special thankyou to **Nadine D'Elia** who is also volunteering in the Second-Hand Uniform Shop.

**SECOND
HAND**

Now is the time to get your summer uniform ready for Term 4.
Get in early and do not miss out!

Father's Day Stall:

The Father's Day Stall was a great success and fundraiser for the P&F. We would like to thank all committee members who helped on the day and Mrs Evans for her constant support. A big shout out and THANKYOU to **Sue Tennant** for her amazing donations and yummy rum balls that many would have enjoyed on Father's Day.

Contributions:

In the coming weeks a restock of new sports/play equipment will be evident throughout the primary areas. We hope all students can enjoy the new equipment.

Contact:

If you have any feedback or suggestions, please contact the P&F Committee.

Steph (0407 514 249)
P & F Family Liaison

Book Week

'Read, Grow, Inspire':

celebrating the Power of Books and Reading
at St Mary's College and the Library during Book Week 2023.

During the month of August, the Library and Literacy Leader partnered up to fill the calendar with events and activities to make Book Week 2023 a journey of reading, growth, and inspiration. This year's theme "Read, Grow, Inspire," aimed to fire up a passion for books to foster personal development, and to encourage a lifelong love for reading.

We launched our month with our annual Scholastic Book Fair, the profits that made rolling straight into buying more of the most popular titles that our students enjoy.

Then students were challenged to record the many ways that they enjoyed reading each day for a fortnight. Who'd have thought you could read under your bed, to your pet or even inside a blanket fort!

At the same time, we featured Honour books from the CBCA Shortlists in our Primary Library sessions.

Preps, Grades 1 and 2 classes enjoyed the annual dilemma of a mother and daughter racking their brains for the perfect Book Week costume when you have one evening's prep time in 'There's no such book'.

The Grades 3 and 4 classes read 'Dirt by Sea', a father and daughter road trip around Australia in a Combi van named Sarah.

The Grades 5 and 6 classes read 'Come together', Isaiah Firebrace's exploration of 20 things every school kid should know about first nations' history and culture.

We created crazy Book Week hats and Paper Doll costumes, wrote about the wonderful places we could visit in our country and marvelled at First Nations ingenuity like the game of Marngrook -



All of this wound up with a Hat Parade on Friday, 25 August when the creations from the Art room finally emerged and hats from home appeared.

The Secondary students celebrated Book Week on the same day with a Book Week Quiz and activity afternoon. The afternoon wound up with Home Rooms presenting their own 'Op Shop' Book Week costume creations in a Cat Walk parade. Congratulations to our winning team Macauley 4, led by Mrs Mac.

Lots of fun was had during the month of August. Congratulations to the following winners of the Colouring Competition and Most Creative Hat awards.

Colouring Competition:

F: Molly Gooden
2: Xavier Wearne
5: Macey Shields

1: Will Mounsey
3: Adele Mounsey
6: Summer Carrington

Most Creative Hat:

FA: Emmie Taylor
1A: Matilda Mc Naughton
2A: Bridget Kelly/Charlie Lynch
3A: Sky Acquino
4A: Lip Wang
5/6A: Indianna Bast
5/6C: Quorra lavazzo

FB: Imogen Hoskin
1B: Addie Gross
2B: Imogen Kiss
3B: Archie Baker
4B: Ned Solomon
5/6B: Macey Shields





Mrs Lorna Hooper, Mrs Linda Heveren, Mrs Kerrie Pearce

Dates To Remember

Date	Event
TERM 3	
Mon 4 th Sept- Fri 8 th Sept	Yr. 5 & 6 Intensive Swimming Program (Swim times: C: 11:30am-12:15pm; B: 12:15-1.00 ; A: 1.00pm-1:45pm)
Fri 8 th Sept	District Athletics Carnival (Specific Primary Students)
Tues 12 th Sept	Yr. 3 Excursion:- ACMI
Wed 13 th Sept	Yr. 5/6 Excursion:- Melbourne Art Centre: Carnival of the Animals (Circus Performance) Eucharist Information Night (Parent & Candidates Meeting) (6.30pm)
Thurs 14 th Sept	PLC Officially Opening (12.00pm – 1.00pm)
Fri 15 th Sept	Footy Colours & Pie Day (Last Day of Term) College Assembly (11.25am -12.25pm) Footy Kick Off (12.25pm- 1.25pm) Term Three concludes at the earlier time of <u>2.30pm</u>
TERM 4	
Mon 2 nd Oct	Term Four Commences for Staff and Students
Wed 4 th Oct	District Athletics Carnival (Specific Primary Students) Location TBC
Fri 6 th Oct	Hume Region Athletics Carnival (Specific Secondary Students) Location TBC
Wed 11 th Oct	Year 7 Immunisation (2 nd Dose)
Fri 13 th Oct	Regional Athletics Carnival (Specific Primary Students) Location TBC



St Mary's College

90 High Street, Seymour
PO Box 269, Seymour Vic 3661
T (03) 5792 2611

Office Hours 8:15am-4:30pm

St Mary's Parish Seymour - St Joseph's Tallarook

Parish Priest: Father Eugene Ashkar
T (03) 9412 8406 / 0455 123 509

Mass Times: St Mary's - SAT 6pm, SUN 10am
St Joseph's - SUN 8.30am

Our Patch

We are making a big push to save the **Before School Care Program** due to low numbers.

On **Mondays** and **Wednesdays**, we will offer a Board Games Club where the children can have breakfast and play their favourite games in a safe, relaxed environment with their friends or new friends.

Tuesdays and **Fridays** we offer a learn to knit or crochet club where you come and learn a new skill or bring your own and chat with like-minded friends.

Cook up a storm at Our Patch St Mary's in the mornings!

COOKING CLUB



Thursdays
at Before School Care

Included for free in
Before School Care fee
from \$4.35*
*dependent on CCS eligibility

ourpatch 

stmaryscollege@ourpatch.education
ph: 0427 928 863

Our Patch St Mary's College

BOARD GAMES CLUB



Mondays & Wednesdays
at Before School Care

Included for free in
Before School Care fee
from \$4.35*
*dependent on CCS eligibility

ourpatch 

stmaryscollege@ourpatch.education
ph: 0427 928 863



On **Thursdays**, we have a cooking club in the morning and on **Friday** afternoons we offer a cooking club.

This week at Cooking Club we made homemade sausage rolls for our afternoon tea.
"They were yummy".



Some of our Term 3 Highlights...

- Book Week: Writing and reading their stories to the group;
- some hall Playing; enjoying playing in the sun;
- Our Father's Day Cups



Some families need this service so please support the families that support the school who need this care.

A reminder we are running a fun-packed Holiday Program over the September Holidays. Please see the Flyers

HOLIDAY PROGRAM
Our Patch St Mary's College - Seymour
8:00am - 5:00pm

September School Holidays
18th - 28th September
Closed 29th September


What We Provide

- Healthy breakfast, morning and afternoon tea
- Opportunities for free play in our well-resourced room and grounds
- Incursions and excursions generally run between 8.30am to 3.30pm, please ensure your children arrive prior to this so they don't miss out on the core activities of the day

What to Bring

- Broad-brimmed hat, sun-smart clothing (no singlets) and enclosed shoes (no thongs, crocs, slip on shoes or roller shoes)
- Healthy lunch daily unless otherwise specified on day (staff are unable to heat or cook food for children)
- No nut products
- Large water bottle
- Check program for other special items that might be required for the day (e.g. bikes, helmets, costumes)

ourpatch

How To Book
Bookings can be made via the
OWNA Childcare App

[Click here to register today.](#)

Costs
Fees start at \$7.50 per child per day
based on 90% Child Care Subsidy, assumes
parents meeting activity levels and 5%
withholding amount

Patch Day Fee
\$75.00

There are extra fees for incursion and excursion days. Please check program for specific prices.

Please see our Booking Terms and Conditions for our cancellation policy

p. 1300 018 310
e. info@ourpatch.education

Monday	Tuesday	Wednesday	Thursday	Friday
18 September 2023	19 September 2023	20 September 2023	21 September 2023	22 September 2023
MONSTER DAY What's your favourite monster? Come along for a super fun monster day!  Cooking Toasties Cheese & Biscuits Art Make a Scary Monster Monster Food  Active Escape The Monster Hall Play Monster dress ups	Pokémon Let's catch some Pokemon today!  Cooking Tacos Weetbix Art MYO Pokeball Pokemon Character Craft  Active Catch the Pokemon	Fairy Day Today is all about fairy's! Do you have fairies in your garden?  Cooking Fairy Bread Chicken Strips Art Fairy Gardens Fairy Houses  Active Catch the Fairies	Nature Day Join us today while we explore nature.  Cooking Bacon & Egg Muffins Noodles & Veggies Art Nature Craft Nature Jewels  Active Scavenger Hunt Hall Play	Adventure Day Let's go on an adventure today! Join us for a camping day!  Cooking Baked Potatoes Damper Art Camp Fire Camping Craft  Active Sleeping Bag Races Bring your sleeping bag

Monday	Tuesday	Wednesday	Thursday	Friday
25 September 2023	26 September 2023	27 September 2023	28 September 2023	29 September 2023
Under the Sea What are we going to discover under the sea today?  Cooking Sushi Rice Paper Rolls Art Coloured Rice Art Sea Creature Craft  Active Stay Away From The Shark	Gamers Day Today is all about games! What's your favourite game?  Cooking Spaghetti Bolognese Art DIY Console Game Designs  Active Creeper Hall Play	TRAINS Today we are exploring the train history of Seymour!  Cooking Pancakes Fried Rice Art Box Cart Craft Build a Train Track  Active Hall Play Train Rides	SPORTS DAY Come in your favourite sports colours and let's get ready to celebrate the Grand Final!  Cooking Hot Dogs Party Pies Art Footy Jersey Designs Painting  Active Oval Play Makers Up Dress in your footy colours	Closed Public Holiday

Lynne Fulton (Patch Leader)

Ph: 0475 451 524

www.ourpatch.education



**EMOTION COACHING
FOR DADS**

CONNECTING WITH OUR KIDS

A FREE 2 hour online workshop for Dads of children 2-10 years

Help your child to:

- Understand their emotions and be able to communicate how they feel
- Regulate their emotions and calm themselves
- Develop resilience and positive self-esteem
- Develop problem-solving and social skills
- Develop kindness and empathy towards others

**Monday 9 October 2023
6pm - 8pm
Online Session**

**for any questions contact
FamilyCare Central Intake 1800 161 306
or [register online](#).**

This workshop is for parents and/or carers in the Goulburn Region (Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)



**Dads
TUNING IN TO KIDS**

A FREE seven session program for fathers of 2 -12 year old children

Dads Tuning in to Kids teaches you how to help your child understand and manage feelings ('emotional intelligence')

Children with good emotional intelligence:

- have better concentration at school
- have greater success with making and keeping friends
- are more able to manage conflict with peers
- are more able to calm down when upset or angry

**Mondays 6.30pm - 8.30pm
starting 16 October to 27 November 2023
Online**

**Call FamilyCare's Central Intake 1800 161 306 to register
your place or [register online here](#).**

This workshop is for parents and/or carers in the Goulburn Region (Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)

VICSES SEYMOUR OPEN DAY

14th October, 2023

10am - 12pm & 1pm - 3pm

115 Wimble Street, Seymour 3660



Highlights

Features:

- Interactive Information Session
- Road Rescue Display
- Round Robin (Chainsaw/ Building Damage/ Rooftop Safety/ Incident Control Point)
- Request for Assistance Simulation
- BBQ Lunch provided at 12pm

Kids Activities: (1pm-3pm)

- Face Painting
- Jumping Castle



Supported by Mitchell Shire Council



Safer Communities - Together

RESERVOIR 
October 2023 

Everyday English

Living and Working in Australia

Develop your understanding of Australian culture and practice your English language skills to prepare for the Australian Citizenship Test.

prace

www.prace.vic.edu.au

Everyday English Living and Working in Australia

Develop your understanding of Australian culture in the community and the workplace while you build skills in speaking, listening, reading and writing English.

In this small, friendly class you will build the skills needed to:

- For the Australian citizenship test
- Confidently participate in the local community
- Develop an understanding of Australian workplace culture.

Pathways

Further study (English or vocational studies), volunteer work or employment. Undertaking the Australian citizenship test.

Workforce Australia

This course counts towards Workforce Australia mutual obligation requirements.

Prace encourages individuals with disabilities to participate in our programs and activities. This training is delivered with Victorian and Commonwealth Government funding. Prace TOID 4036

Location

Prace - Merrilands Community Centre
35 Sturdee St, Reservoir

Dates and Duration

10 Sessions

Days and hours

Wednesday (Evenings)
4 October
6:00pm - 8:30pm
or
Friday (Daytime)
6 October
9:30am - 12:30pm

Entry requirements

Permanent Resident
(must hold a current
Green Medicare Card)

Fees

Free

Register your Interest



This course is endorsed by
Learn Local.

prace

Prace Main Office
Merrilands Community Centre - 35 Sturdee Street, Reservoir
Phone 9462 6077 | office@prace.vic.edu.au | www.prace.vic.edu.au

Everyday English: Living and Working in Australia

Starts 4 October in Reservoir - 10 sessions - Day and evening classes available. *Develop your understanding of Australian culture in the community and the workplace while you build skills in speaking, listening, reading and writing English.* Contact us to enrol on 9462 6077 or visit our website <https://prace.vic.edu.au/>

How to access support through the Hub

You can access support where and when it suits you. You can visit a Hub in person, have someone visit you at home, meet in a café or park, or chat over the phone.

Phone to make an appointment on 1300 375 330 or 5822 8600.

Visit www.partnersinwellbeing.org.au

Hub walk in locations:

Shepparton: 79B Wyndham Street
Monday-Fri, 8.30am-4.30pm

Shepparton: Alaya House, 3A Nixon Street,
Mon, Thurs, Fri 8.30am-4.30pm

Cobram: Cobram Community House
43 Punt Road
Tues, Wed, Thurs 10am-3pm
Appointments available outside these times.

Seymour: Location by appointment.

MENTAL HEALTH
& WELLBEING HUB



wellways

helpline

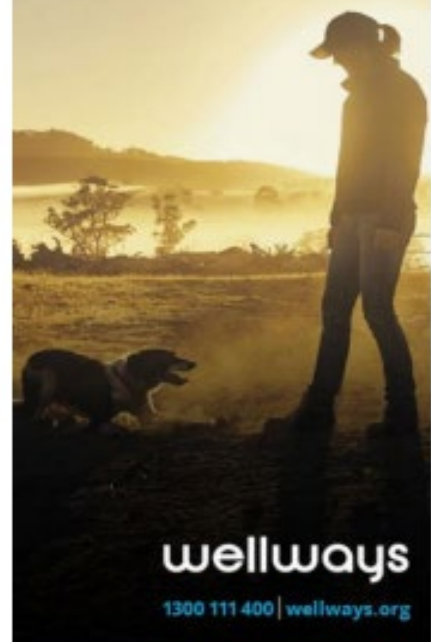
Wellways Australia
Limited
ABN 93 093 257 145
QLD / NSW / ACT / VIC / TAS
1300 111 400 | wellways.org

1300 111 500
mental health information,
support and referral advice
Monday to Friday 9am - 5pm
(excluding public holidays)



Wellways respectfully acknowledges the traditional
custodians of the lands and waters of Australia.
We are committed to inclusive communities.

Mental Health
& Wellbeing
HUB



wellways

1300 111 400 | wellways.org

What services are available?

The new Mental Health & Wellbeing Hub will complement existing health services by supporting the recovery of people with new or existing mental health challenges.

Available services include:

- Wellbeing checks
- Emotional support and wellbeing coaching
- Someone to talk to who will understand your situation and help locate and link you to services and support
- Assistance to manage mental health symptoms and to address life stressors including homelessness, financial difficulties and social isolation
- Support to utilise your skills, strengths and resources
- Workshops and group activities to build your skills and make connections.

Our peer wellbeing workers will be available to people seeking support. Many of these people have their own experience of mental health challenges or are caring for someone with mental health issues.



What is a Mental Health & Wellbeing Hub?

The new Mental Health & Wellbeing Hub in the Goulburn Valley provides mental health and wellbeing services and support to people of all ages.

The pandemic and other recent natural disasters such as bushfires, drought and flood, have affected everyone in different ways and it is important to take care of your mental health and know that help is available near you.

If you are having a difficult time or feeling overwhelmed, you can access free and flexible support via a Mental Health & Wellbeing Hub.

I'm having a
tough time
at the moment

We're here
to help

Who can use the services?

People of all ages with new or existing mental health challenges can utilise services at a Hub.

Services are also available to family members and carers.

Referrals can be informal, and all services are free of charge.

Email: cmhws@wellways.org

About Wellways

Wellways is operating the Mental Health & Wellbeing Hub in the Goulburn Valley with support from the Victorian Government. Wellways works with individuals, families and communities to help them imagine and achieve better lives. We provide a range of services and assistance for people with mental health issues, disabilities and those requiring community care.
wellways.org

This is a free service that is open to all ages. For more information or if you have any questions, feel free to email Krystal Markey at kmarkey@wellways.org or phone the Wellways office on 5822 8600.