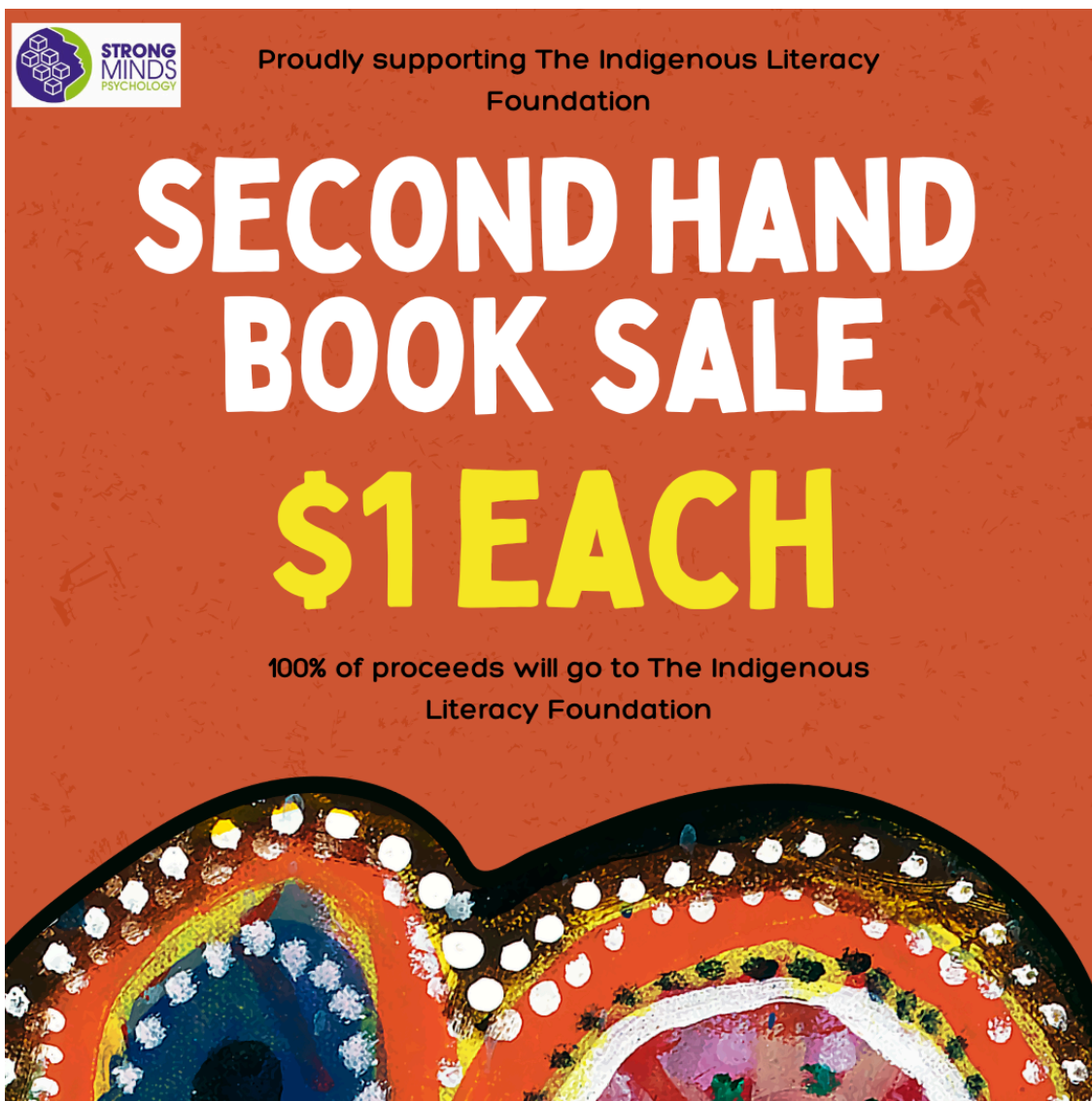


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### ***Indigenous Literacy Day - Second Hand Book Sale***

To support the Indigenous Literacy Foundation, Strong Minds are having a 2nd hand book and DVD sale. Funds raised will be used to support the Indigenous Literacy Foundation's purchase and supply of books and literacy resources to remote Indigenous communities.

**100% of money raised will go directly to the ILF.**

You can support this fundraiser in the lead up to [Indigenous Literacy Day](#) on September 4th 2024 by purchasing books or DVDs for \$1, or by

# Strong Minds Community Photography Competition!



Enter your favourite photo into our competition for a chance to be displayed in one of our Strong Minds clinics.

We want to celebrate the beautiful Yarra Valley and West Gippsland regions. Entries are open to staff, clients, family & community members.

All entries are to be submitted by Friday 13th September to [smpteam@strongminds.net.au](mailto:smpteam@strongminds.net.au)

For entry forms and T&Cs [jump online](#)



## **Strong Minds Community Photo Competition**

Enter your favourite photo into our competition for a chance to feature as a picture displayed in one of our Strong Minds clinics.

We would like to celebrate our community and the environment we live, play and work in. We want to showcase the beautiful Yarra Valley and West Gippsland regions through the community lens of our team, clients and their families. Share the natural landscape and beauty, and how/why people enjoy living in the Yarra Valley or West Gippsland region.

All entries are to be submitted by Friday 13th September to [smpteam@strongminds.net.au](mailto:smpteam@strongminds.net.au)

To grab an entry form or read the terms and conditions, head [online](#). We look forward to seeing your entries!

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**Carers' Cuppa**

STRONG MINDS  
Therapy

Mondays 12:15pm  
Drop In Support Group for Parents & Carers  
Starts July 29



**Youth Space**

STRONG MINDS  
Therapy



Thursdays 3:45pm  
Drop In Social Group for 8-14 year olds  
Starts August 1

## ***New - Drop in programs - Yarra Junction***

We have started offering a new drop in support option for our Yarra Valley community. Both programs are facilitated by Kim Parsons (Counsellor) so are a safe and client centred opportunity for social connection, and well-being support. No enrolment or pre-payment required, this is a drop in support program with a \$20 fee per session. This provides a low cost option for those who are needing support, or experiencing other barriers to engaging in 1:1 sessions.

### **Carer's Cuppa - Mondays 12:15pm**

These sessions are a relaxed opportunity to connect with other local parents and carers in a safe space.

### **Youth Space - Thursdays 3:45-4:45pm**

These sessions are fun and informal activity based social opportunity to hang out with young people after school in a safe space. Games and activities will be available each week, and support provided to help the young people to connect and have fun!

## ***Open for Participants - Term 3 & 4 programs, plus school holidays***

We have 10 programs available for our clients across Term 3 and 4, as well as the upcoming school holidays. Topics and client ages vary, so there is something for almost everyone!

For more information check out [Program Information & FAQs](#), email our team at [smpteam@strongminds.net.au](mailto:smpteam@strongminds.net.au) or call 03 5967 1438. To complete an enrolment form, scan the QR code below, or jump onto our website - [Strong Minds Therapy Programs](#).



**We have moved!**

**Find us now at**

**2/3 Napier Street  
Warragul**



### ***New Clinic in Warragul***

We promised we would try... and we absolutely did it! After doing our final sessions at 40 Albert Street on Friday 12th July, we did a massive moving weekend working bee and were ready to do our first sessions at 2/3 Napier Street on Monday 15th July!

We are very grateful for our wonderful team who helped with packing, unpacking, and setting up the new space together, so that there was no interruption to services for our clients and community.

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furniture for the waiting room, reception space, additional office space, and clinic rooms is arriving in these last weeks of August, so expect to see a few more changes that hopefully enhance the comfort and fabulousness of the new clinic we have opened.

The [Warragul and Drouin Gazette](#) this week have done a Street Spotlight on Napier Street, which included Strong Minds in the article - check it out on Facebook or grab a copy of the local paper to see some familiar faces.

*Like or follow us on social media if you would like more updates about our team & community, or ideas for how to boost mental health*



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