



Welcome to our DECEMBER 2024 Newsletter



We're so pleased to share our recent partnership with Mindfull Aus, who are also locally based, with their Office in the main street of Drouin.

Mindfull Aus are Nation wide organisation, with some of the world most reknowned key speakers. They have an extraordinary vision: to encourage those in high risk areas of Australia to put wellness back into their own hands by equipping them with the skills, strategies and techniques needed to not only cope, but to learn to live and lead fulfilling lives.

Mindfull Aus provide Mental Health First Aid training programs, Primary School Programs, Parenting seminars, Wellness workshops for organisations, and guest speakers. Their Primary School Program is Government funded, and free for all Primary Schools! This is tailored to give our young community members the tools to grow emotionally, and to cope well throughout these crucial development years. Ask your school to reach out to them, if you're keen to know more!

Jessie Mays Support Solutions is proud to get behind their cause and provide our support. You can connect with us, and many other fantastic local services, via the Mindfull Aus website, and also book their fantastic programs.

www.mindfullaus.org

 **MindfullAus**

**EMPOWERING OUR
YOUTH TODAY**

**SO THEY CAN ENJOY
A BETTER TOMORROW**



**Partnership with
BAW BAW FOOD RELIEF**

JMSS is now a drop-off point for the Baw Baw Food Relief! You can drop in your non-perishable donations during our office hours 8am-4pm Mon-Fri.