

# BE NICE TO YOUR MIND

## A. Student Ambassador Program

- Develop student leaders to promote mental health awareness in their campus and amongst their peers
- Mental health First Aid Training

## B. Personal Development Programs

- Master Mind Workshop
- Resilience Group

## C. Mental Health Education (For all students)

- Managing Stress and Anxiety
  - Relaxation exercise / Mindfulness Meditation

This is a Victoria State Government funded program organized by Center for Holistic Health. It aims to raise awareness and knowledge amongst Chinese students about mental and psychosocial well-being, and encourage help-seeking and peer support

We have three aspects of activities

The first event is **Stress and Anxiety Management Workshop**

Date: 23/8/2017 (For anyone interested to become student ambassador)

24/8/2017 (For all students)

Location: Clayton Community Centre

Address: 15 Cooke Street, Clayton, Vic 3168  
(corner of Centre Road and Cooke Street)

**For enquiries and registration,**  
please contact: 03 8806 7532/ 0401 718 043  
or send email to [admin@chh.org.au](mailto:admin@chh.org.au)



怡康全人發展中心

Centre for Holistic Health

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