



DEAKIN CATS COMMUNITY CENTRE™
COMMUNITY. EDUCATION. LEARNING.

PLANTING SEEDS: A HOLISTIC APPROACH

to treating mental health and substance misuse

Creating a healthier Geelong

This forum is about creating a space where health and wellbeing practitioners and social and community service workers can come together to listen, learn and connect to provide a more holistic approach in working with people who are struggling with poor mental health and substance misuse in the Geelong and the surrounding regions.

Listen and Learn from our speakers including;

- Richard Bennett - Mindfulness
- Chris Storm – Clayfield Therapy
- Kit-e Kline – Nature Based Therapy
- Selena Pirie - Hypnotherapy
- Danielle Rowarth – Cranio-sacral/Chi Kung
- Wendy Matthews – Emotional Freedom Technique
- Octavia Chamber – Bowen Therapy
- Rachel Parker– The Wave Project
- Mandi Barton – Aboriginal healing

Meet & Greet with local Health & Wellbeing practitioners and learn more about holistic modalities

LISTEN, LEARN CONNECT

Talks include;

***Mindfulness**

***Nutrition**

***Art Therapy**

***Self-care for
workers**

**And other modalities
improving mental,
emotional, physical
and spiritual health**

**Friday 17th March
2017**

10am – 1pm

**Deakin Cats
Community Centre**

**Simonds Stadium,
Geelong**

TO REGISTER

Please e-mail Kit-e at:
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or for further enquires call

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