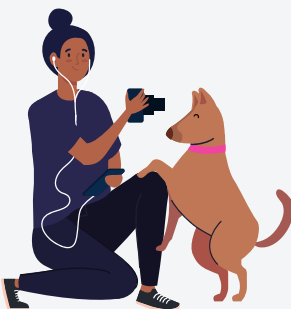


# WOMEN'S RESILIENCE ART PROJECT

We are seeking women aged 18+  
and living in Bendigo, to  
participate in free art workshops  
to build photography skills and  
improve mental wellbeing through  
5 Ways to Wellbeing

[TO REGISTER YOUR INTEREST  
PLEASE CLICK HERE](https://forms.office.com/r/EZzWBpHauJ)

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## WHAT TO BRING

Your creativity..  
A device to take pictures

## WHAT YOU WILL DO

Attend free workshops on mental  
wellbeing and photography 101

Share how you built your  
resilience during COVID-19  
through a series of pictures to be  
showcased online or in an art  
exhibition

## WHAT YOU WILL LEARN

Photography basics

How to use 5 ways everyday to  
boost your mental wellbeing

For more information  
Email [siobhansullivan@bchs.com.au](mailto:siobhansullivan@bchs.com.au) or  
call 5406 1200

