

Enjoy a cuppa, chat about Grit, Resilience

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A FULL week of visits across the district is planned for the Wangaratta Grit and Resilience Program from Monday as it marks its first 'Heartbeat' check-in with locals.



The Grit and Resilience team will be out visiting townships across the municipality from July 12 to 16, in what will be an opportunity to meet the team and chat about the program, planned activities, and how to get involved.

“One of the key priorities of the program is to create connections,” Grit and Resilience Program coordinator Bek Nash-webster said.

“We would love to see our community members stop by for a chat so we can share more about the opportunities in our action plans.”

Opportunities to meet the team are as follows:

Glenrowan Bakehouse, Monday, July 12, 10am to 11am;

Wangaratta Library, Tuesday, July 13, 10am to 11am ;

Milawa Bakery, Tuesday, July 13, 12pm to 1pm;

Bertsy & Co, Wangaratta, Wednesday, July 14, 10am to 11am;

The Oven, Cheshunt, Thursday, July 15, 10am to 11am;

The Plough Inn, Tarrawingee, Friday, July 16, 12pm to 2pm; and

Springhurst Hall, Friday, July 16, 6pm to 8pm.

The Grit and Resilience Program is a four-year program aiming to take a communitydriven approach to better understand and address mental health and wellbeing in the Rural City of Wangaratta.

Action plans for three priorities under the program (Creating Connections, Including and Involving and Postvention) are now available to view on the Grit and Resilience webpage (www.wangaratta.vic.gov.au/Residents/grit-resilience) and using the QR code displayed here.

* If this media article causes you any distress, please phone Lifeline on 131 114 or the Suicide Call Back Service on 1300 659 467.