

Festival of resilience

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MARKING World Mental Health Day on Monday, October 10, the Grit and Resilience Festival will run from 4pm to 6pm in the King George Gardens in Wangaratta.



Offering a great chance for the community to connect, develop its resilience, and learn more about the services available locally, the festival will involve live music, drop-in yoga sessions, giant games, a barbecue, and plenty more fun during the afternoon and early evening.

The Wangaratta Grit and Resilience Program, Mind Australia and the Centre Against Violence have partnered to host the event, which aims to be lots of fun.

Sarah Blatchford from the Grit and Resilience Program said the program's team had been keen to mark World Mental Health Day in some way.

"This event is a lot of the work we do coming together in one place, and we really wanted it to be fun," she said.

"We have encouraged providers to have something interactive as part of their display, and we're looking forward to seeing their creative ideas."

Along with a range of interactive activities, the festival will feature more than 20 mental health and wellbeing stallholders providing an opportunity to find out about the services and supports available in the local area - all in a relaxed, informal setting.

For more information about the event, follow the Grit and Resilience Program online at www.wangaratta.vic.gov.au/Residents/GritResilience.