

Media Release: Call out for schools and early learning centres to take part in the Resilience Project.

Mission Australia is calling for schools and early learning centres in the Midcoast Local Government Area to take part in a new community wellbeing program that will teach positive and practical mental health strategies to help to help strengthen the resilience of local children and young people.

The Resilience Project is based on research that shows the more positive emotion experienced by an individual, the more resilient that person will be. The program's focus is on three key pillars that have been proven to cultivate positive emotion; Gratitude, Empathy and Mindfulness as well as a strong focus on Connection, Purpose, Kindness, Emotional Literacy and Physical Health.

The program will benefit children impacted by the 2020 bushfires, COVID-19, and recent flooding. It will also promote positive wellbeing more generally and will be rolled out with the support of Mid Coast 4 Kids.

Mission Australia will run the program in eight early learning centres as well as eight primary and high schools across the Mid North Coast. The program is free with priority given to schools and early learning centres in bushfire impacted areas.

The Resilience Project is part of a **Community Wellbeing and Participation Program for bushfire affected communities on behalf of the Hunter New England and Central Coast Primary Health Network.**

Val Schaefer, Community Development Project Officer for Mission Australia said:

“The Resilience Project is all about approaching mental health with emotionally engaging stories using humour and it's packed with practical strategies that are all evidence-based. It will help build resilience in children from an early age, teach emotional intelligence and strengthen family relationships.”

Interested schools and early learning centres can register their expression of interest in this program by contacting SchaeferV@missionaustralia.com.au or head to the website: <https://www.midcoast4kids.com.au/contact/>

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