

## Media Release: Mission Australia launches Resilience Project in schools across the Mid Coast

The Mid Coast local government area's recovery from the devastating 2019 Summer bushfires continues while the community is navigating flooding and a global pandemic.

The Resilience Project is a mental wellbeing program for our Mid Coast schools based on research showing the more positive emotion experienced by an individual, the more resilient that person will be. The first sessions of the program will be held in the second week of March across eight schools in the region.

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 bushfires, Covid, and recent flooding. It will also promote positive wellbeing more generally and will be rolled out with the support of Mid Coast 4 Kids.

The eight schools from across the Mid Coast participating include: Tuncurry Public, Nabiac Public, Coolongolook Public, Tinonee Public, Mount George Public, Lansdowne Public, Harrington Public and Alesco Senior College Tuncurry campus.

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

*"As our region continues to deal with the ongoing impact of the bushfires, flood recovery, the pandemic and lockdowns, mental wellbeing programs for children in our Midcoast region are of vital importance".*

*Evidence tells us that traumatic events have a significant impact on children and young people. Mental wellbeing programs that put the tools directly into the hands of our educators, families and children themselves, gives them an accessible and practical suite of strategies that bolster their resilience.*

*"We are absolutely delighted that the Covid restrictions and settings around schools have eased to allow this essential program to be delivered by The Resilience Project Education Team in a face-to-face mode, allowing the program to be officially launched in the Midcoast region next week across our eight participating schools", said Ms Schaefer.*

ENDS



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