

Health and Wellbeing Days

Giving young Indigenous women opportunities to:

- share their experiences
- investigate their sense of self
- explore their Aboriginal identity
- maintain connections with their school, family and community

Through these days, participants are able to focus on:

- spirituality
- wellbeing
- resilience
- pastoral care
- peer mentoring



Students participate in a range of active, reflective activities, including:

- breakfast and lunch
- hair and beauty session
- massage and facial