

HOPE WORLDWIDE AUSTRALIA
MELBOURNE CHURCH OF CHRIST

HOPE FOR HEALTHY COMMUNITIES

SESSION 1

HOPE Annual Program Presentation:

Providing for Vulnerable Communities in
Papua New Guinea and Fiji

How to improve your sleep

Sleep as a way to prolonged health and vitality

Mark Timlin - GP in Adolescent Mental Health, Forensic Mental
Health and Refugee Health,

Understanding the gut-brain axis to improve physical and mental health

Application of the polyvagal theory

Victor Quek - Clinical Psychologist, EMDR trained

When life meets troubles beyond what you can handle

A personal life story of healthy self-care

Dr Joshua Hsu - Psychiatrist from Taiwan

Where church and mental health co-operate and collide

**Applying spiritual wisdom appropriately to improve mental
health and wellbeing**

Caron Vassallo - Counsellor and Women's ministry leader

Panel Discussion

Moving to wellness

SUN 25TH AUG 1PM-5PM

MONASH UNI CAULFIELD K309

www.hopeworldwide.org.au

Or Join on Zoom, ID: 858 951 3938

Passcode: hope

