



HALLS HEAD
COLLEGE

Halls Head College invites you to the official Resilience Project Launch.

Date *Wednesday 15th May 2019*

Time *6:00pm – 7:30pm*

Where *Halls Head College Gymnasium*

RSVP www.trybooking.com/BCCBE



Halls Head College is excited to announce the launch of the Resilience Project, an innovative educational platform which is teaching young Australians to be mentally healthy.

In 2020 there are a staggering 1 in 4 adolescents who have a mental illness. Of these, 65% do not seek help. The Resilience Project is an emotionally engaging program for students, parents and staff. Results of the Resilience Project are transparent as individual well-being is measured before, during and after the program.

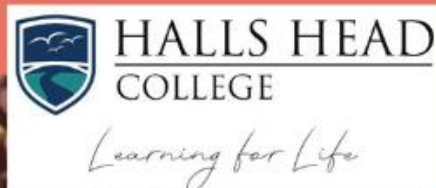
We would like to invite you to come along and listen to the Resilience Project presenter, Martin Heppell, and discover more about how we can support our kids to be resilient young adults during this process.

We look forward to sharing this incredible opportunity with you.

Yours sincerely

Bronwyn White
Principal
29th April 2019

PRESENTER: MARTIN HEPPELL



HUGH VAN CUYLENBURG FOUNDING DIRECTOR

In 2008, I was fortunate enough to spend a few months living and volunteering in the far north of India. In this desert community, there was no running water, no electricity and no beds; everyone slept on the floor of their desert hut. Despite the fact these people had very little to call their own, I was continually blown away by how happy they were.

It was this experience, and subsequent post graduate studies, that have led me to some pretty simple conclusions about the things that we need to be doing here in Australia if we want to be happier. In a nutshell, I learnt in this desert village that practicing gratitude, empathy (compassion) and mindfulness leads us to a happier more fulfilling experience. Once I discovered these three principles were also evidence based, I thought it might be a good idea to turn this into a program for schools. Turns out it wasn't just schools that wanted to hear this message!

Hugh van Cuylenburg (Founding Director)



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PARKING / ENTRY

The recommended parking area for the College is the car park accessed from Fuschia Place, off Honeysuckle Ramble.



We ask that you do not park on resident's verges, in their driveways and over pedestrian sidewalks.