

Community-Led Drought Events & Initiatives



Provider	Type of Event or Initiative	Local Government Area/s (LGA) Covered
Deb Braga Psychology	'Taking Control of Stress' group program.	Lockyer Valley or Somerset
Rachelle Hampson	Self-care workshop delivered by a psychologist	Toowoomba Pittsworth
Rural Sky and Margot Hawker	Nourish Mind and Body' program.	Goondiwindi Goondiwindi
Rapid Fitness	Group fitness program with guest speakers including mental health advisors and local community organisations.	South Burnett Nanango
Bell Show Society	Family Twilight Evening Event to bring together families and the community.	Western Downs Bell
Hope Horizons	Travelling Cancer Wellness sessions.	Southern Downs Warwick, Stanthorpe
Family Matters	Drumming workshops to improve mental health and teach anxiety and stress reduction strategies.	Southern Downs Stanthorpe

Service Areas

