



## Specialised events and programs

Throughout the year, Serenity Holistic Wellness runs specialist events and programs. These events and programs are advertised on the main website and via social media.

Serenity Holistic Wellness encourages enquiry and feedback from past and potential future participants, so please do use the website contact form to reach out to us for more information.

Please see below for examples of specialised events and programs which are offered at Serenity Holistic Wellness.

**Fresh Steps** – a program aimed to support young people aged between 12 and 18, who are vulnerable by way of risks for developing mental illness, disengaging from school and home and who have experienced trauma. The program aims to develop hope and optimism for those who may have experienced barriers to engaging with other mental health programs due to eligibility criteria or financial barriers. The program focusses on developing connection with self, each other and the environment and helps individuals identify and practice healthier coping strategies.

**Being Herd** – school holiday program supporting young people to develop healthy boundaries and relationships with themselves and others.

**Step Outside** – weekend group running at set times throughout the year, supporting young people who with anxiety or depression which is impacting school engagement. Working with the horses to identify and name thoughts and feelings, exploring patterns of thinking and self-talk and practice expressing and letting go.

**BeYOUtiful Minds** – a women's group exploring relationship to self and others. Working with breath and body awareness, exploring patterns of thinking, core beliefs and blocks. Throughout the journey, participants will be supported to identify personal values and strengths through the development of self-awareness and self-acceptance. Light refreshments and group discussion is offered at the close of these sessions to support integration.

**Under the Stars** - working with Intention in nature; the Moon and the Stars! A beautiful evening event around the fire including light refreshments, meditation, visualisation, and breathwork. Under the Stars evenings may include cleansing practices, energy healing, crystals, cacao ceremony, or sound healing.