



with



Nikolina Mabic

Nikolina Mabic is a 23 year old graduate filmmaker. Her film Unspoken, which is about parental abuse, was awarded Best Film at Hobsons Bays Project Film Festival. Nikolina's documentary series, The First Giant Hurdle sheds light on the untold stories of mental illness and will premiere mid-2018. Her journey with mental illness motivated her to become an advocate for youth mental health and founder of Spare Capacity, which runs workshops that aim to give young women self-care tools to combat mental illness.

Nikolina was selected into the Foundation for Young Australians YSP program and has won numerous awards including Hobsons Bay Young Citizen of the Year.

Need more info?

volunteers@ioe.org.au
or 9758 5522

For Youth. By Youth

Interchange Outer East presents



MIND MATTERS

VICTORIAN YOUTH WEEK 2018



A free youth mental health and wellbeing event

What's on...

- Presentation by Nikolina Mabic
- Opportunities to get moving and stretch legs
- Morning tea (provided)
- Active listening exercise
- Sensory and self-care activities
- Q&A panel on youth mental health
- Group picnic (BYO)
- Group yoga
- Cold drinks



VICTORIAN YOUTH WEEK



Friday 13 April 2018 - 10am to 2pm

Bayswater Football Club, Appleby Oval
Bayswater Rd, Bayswater

Sign Up Free Online!

at bit.ly/YMM2018



INTERCHANGE
OUTER EAST

ALL WELCOME!