

Mallee Community Wellbeing Week



Our multi-day events across Mildura, Ouyen and Murrayville aims to enhance **community resilience** and **wellbeing** by bringing individuals, organisations, and leaders together through shared learning, **collaboration**, and **connection** to build a more **inclusive** and thriving Mallee.

17 - 22
May 2026

Building Resilience,
Strengthening
Wellbeing

Mildura

Good Vibes Social Club
Mental Health Mallee
& friends

Gambling Harm Prevention
Anglicare Victoria

Taking Back Our Pride
Rural Pride Australia

Legless & Blind
Northern Mallee Leaders Inc.

Your Wellbeing Matters: Understanding and Embracing (Peri) Menopause
Nicole Strom

The Art of Connection
Friends for Good
& Mallee Arts coLab

Adult ADHD: Life Beyond the Diagnosis
Dr Emilie, May Health

Introduction to Mental Health First Aid
Mental Health & Wellbeing Local

Ouyen

Gambling Harm Prevention
Anglicare Victoria

Introduction to Mental Health First Aid
Mallee Track Health and Community Service

The Art of Connection
Friends for Good & Mallee Arts coLab

Murrayville

Come & Try Tai Chi
Mallee Track Health and Community Service



Scan the QR code to find out more about each event and to register, or contact MRCC on 03 5018 8100

www.mildura.vic.gov.au/Council-Calendar/Mallee-Community-Wellbeing-Week-2026

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