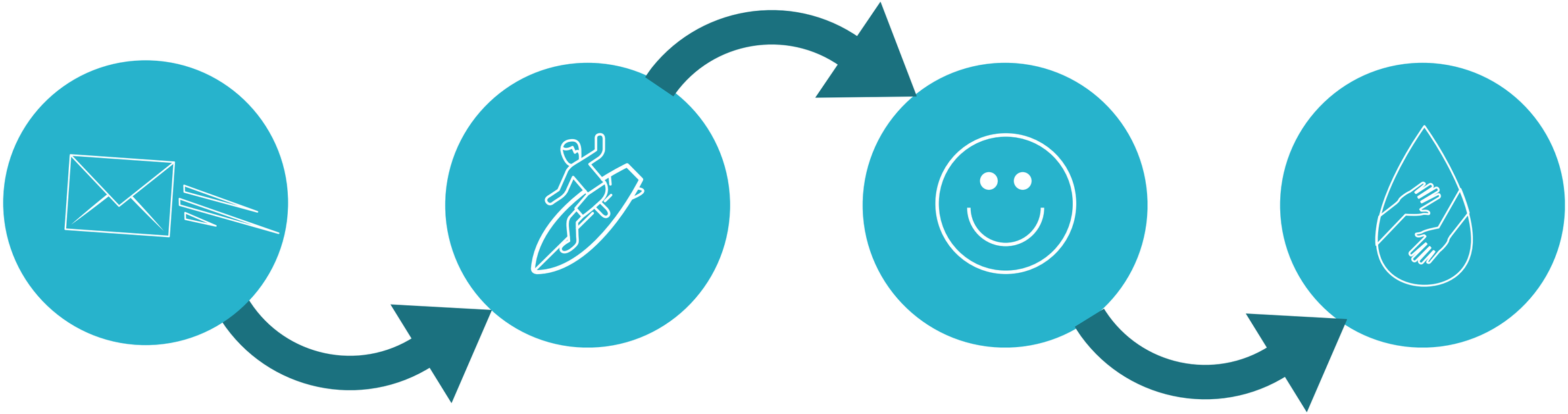
Ocean Mind Model

Changing Lives Through Surfing



Young People aged 8 - 18 years referred by:

- Mental Health Workers
- Psychologists
- Support Workers
- School Welfare
- Youth Worker
- Family Support Worker
- Medical Staff/Paediatrician

6-Week Program

Participants matched 1:1 with a mentor, spending 6 weeks learning to surf.
Participants develop life skills:

- Communication
- Teamwork
- Socialisation
- Trust building
- Emotional Regulation

Ocean Mind Surf Club

Participants can join the OM surf club, where they continue to receive support from mentors.
The emphasis at this stage is on building social trust, developing communication and teamwork skills and reducing social isolation

Peer Mentoring

Young people 16+ are invited to become peer mentors, supporting other young people on the program.
The emphasis is on developing transferable skills to be utilised in their education, social life and professional life, improving their life chances overall.