

# Sunday Workshop

A Place to Belong

NATURE CONNECTION:  
HOW DOES OUR RELATIONSHIP  
WITH NATURE EFFECT OUR  
WELLBEING AND BELONGING?

25 March  
2-4:30pm

We will hear stories, meet others, hear of upcoming events and enjoy afternoon tea (bring something to share if you can). No RSVP required. The workshop is free. Questions: Call A Place to Belong office on 3217-2522 or Neil on 0437-718-420.

NEW VENUE:  
St. Francis College,  
233 Milton Rd., Milton

(Next door to the XXXX brewery, 100m from Milton Station). Enter via Barooka Rd between no.25 & 29 or via Milton Rd (city bound traffic only). Park in the grounds in visitor parking areas. Follow signs to Lecture Room 1).

Our wellbeing is determined by many factors—our relationships with others, our sense of safety, our diet and sleep patterns and so much more. But what about our relationship with nature? How does this relationship effect our wellbeing? Most of live in large cities, we're increasingly busy and distracted by technology, and we spend much of the day sitting. Time beside a tree, by the ocean, and in the garden can be hard to find. How does the nature disconnect impact us? And are there benefits in re-connecting with nature individually and collectively? Join Anne and Em to explore these questions further and contemplate your own nature connection practices.

*Anne Cleary* is a nature connection researcher completing a PhD with Griffith University.

*Em Maltby* works with community groups and young people creating opportunities to protect and connect with nature.