



## Surf Therapy Programs

Ocean Mind offers surf therapy programs in the Ocean Grove, Torquay, Anglesea and the Mornington Peninsula.

It is a research-backed surf therapy program aiming to improve young people's mental health, relationships and potential through surfing and combines the therapeutic elements of the ocean with the adventure of surfing to have a positive impact on physical and mental wellbeing.



[www.oceanmind.org.au](http://www.oceanmind.org.au)

**Call: 03 4210 0408**

The programs centre around

- 1. Skill development**
- 2. Capacity building**
- 3. Mentoring**
- 4. Fun**



Programs offered include:

- **6-week swell course – introductory course for young people aged 8-18**
- **surf club – run by mentors for those wanting to continue learning to surf**
- **School programs – for groups of 10-15 students**
- **NDIS programs**



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