



STRESS MANAGEMENT



MENTAL HEALTH RECOVERY



MOVEMENT & NUTRITION

MINDFULNESS PROGRAMS



FOUNDATIONS FOR FREEDOM

SELF AWARENESS



COMMUNITY CONNECTION



GUIDED MEDITATIONS





FOUNDATIONS FOR FREEDOM

Benefits of our programs

Helps improve focus and productivity

Happier,
balanced, valued
staff

Helps boost self
awareness and allow self
regulation

Helps to manage stress
and prioritise your day

Increased staff
satisfaction

Connection and
Community Building

Creating a Culturally Safe Workplace

**We would love to bring culture and
mental health support to you!**



**Reach out at
admin@foundationsforfreedom.com.au**



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