

Are you aged 12-25 and from a refugee or migrant background?

HEALTH IS WEALTH

01
April
15
2026

02
April
16
2026

10am - 1pm

Mitcham Community House

19 Brunswick Rd
Mitcham VIC 3132

**It is time to look after
your Health & Wellbeing!**

Join us to learn more about health and wellbeing supports and how you can utilise them to be your happiest self!

Games & Activities!

Badminton & Soccer!

FREE LUNCH!



CONTACT

REGISTER NOW



Darcy Cole: 0403 282 197
Namy Touch: 0424 595 966



MIGRANT INFORMATION CENTRE EASTERN MELBOURNE