



8-Week Mens Surf Therapy Program

A free, 8-week program designed to support your mental health and wellbeing

Each week begins with a guided group discussion led by qualified mental health facilitators, exploring practical strategies to take care of your mental well-being. After connecting on the sand, you'll take part in beginner-friendly learn-to-surf sessions, embracing the therapeutic power of movement and the ocean.

Our program harnesses the proven benefits of spending time in blue and green spaces, engaging in physical activity, and connecting with others, all within a safe, supportive environment free from judgment or stigma.

- When:** Commencing Thursday 16th October 2025 (every Thursday for 8 weeks)
- Time:** 6:30 am – 8:30 am & 9:00 am – 11:00 am
- Where:** Manly Beach, NSW
- Who:** Open Men's Program 18+



Register for a program!

Register via the QR code or
<https://wow.tfaforms.net/61>

Email us for more info:
info@foundationwow.org.au



Health

