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 **Local students graduate from important mental health program**

Sixteen grade 10 students from St Bede’s Catholic College in Chisholm graduated from the Top Blokes Foundation mentorship program on Tuesday 27 June surrounded by friends and educators.

The 18 week course was sponsored by Waterford by AVID Property Group (Waterford) who have a strong relationship with Top Blokes, funding similar programs for local students in past years.

Top Blokes Foundation Regional Coordinator Aaron O’Driscoll said the 18 week program covered a range of topics including mental health, resilience, masculinity and discrimination and was a great success.

“We are very grateful for the support of Waterford by AVID Property Group for allowing us to provide this opportunity to the young men of St Bede’s Catholic College,” Mr O’Driscoll said.

“We have seen improvements in different areas across each of the individuals in our group. For some, we saw turning points during specific conversations around masculinity, while for others it was during our mental health workshop.”

Mr O’Driscoll said seeing positive changes is a driving force for them when delivering the program.

“One thing we recognised across all of the guys was an increase in how comfortable they felt speaking openly and being vulnerable in the presence of other young men,” Mr O’Driscoll said.

“It was great to see the boys step away from some harmful stereotypes that are placed on young men, and be confident enough to share their adversities and challenges.”

St Bede’s Catholic College Assistant Principal Emma South said watching the graduation session was powerful.

“We hope the students can now take their learning and put it into practice, passing on their knowledge in ways that not only support themselves, but others within the community,” Ms South said.

The secondary school plan to continue the program in Semester Two with students in their grade 9 cohort.

**– ENDS –**

**About Waterford**

Waterford is part of AVID Property Group’s growing portfolio of exceptional master-planned communities, Waterford is a 173ha community in East Maitland, New South Wales. Offering residents large blocks, beautiful parks and open spaces, the community’s residents enjoy close access to new and emerging amenities including new local schools St Bede’s Catholic

College and St Aloysius Catholic Primary School, childcare, retail amenities and the new Maitland Hospital.  For more information visit: [www.waterfordliving.com.au.](https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.waterfordliving.com.au.%2F&data=05%7C01%7C%7Ca6a2750eb9014387790108dacb4a3d94%7C5cf59271ad064c30b82103b5538c38fa%7C0%7C0%7C638045816975242083%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KaTBujNzmHBYv9k0OtGX7sVI%2FstvwXLE0nFhuQQ6xEU%3D&reserved=0)

**About AVID Property Group**

AVID Property Group (AVID) is an award-winning Australian builder-developer, responsible for a diversified selection of residential masterplanned communities, completed houses and apartments, with 38 developments, located in key growth areas across Australia’s eastern seaboard.

AVID has a proven track record with the delivery of $5.2 billion worth of projects over the past 16 years. AVID’s current portfolio will see the delivery of 15,000 blocks with a gross revenue pipeline of $4.9 billion. With a strong record of delivering connected and vibrant communities, AVID and its subsidiaries have created great homes and places for more than 75,000 Australians to live out their dream lifestyle.

Led by highly experienced senior management, AVID brings people together to deliver exceptional communities, valuable shareholder returns and thriving environments for its customers.   For more information, visit www.avid.com.au

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