

WEST GIPPSLAND LIBRARIES

News Articles and Blog Posts

- [Connecting to the Community](#)
- [This way up – Supporting you through COVID-19](#).
Access to free online tools and learn practical ways to protect our mental health
- [Strategies to stop emotional eating](#)
- [Mindfulness and Sleep](#)
- [Croakey : independent, in-depth social journalism for health](#)
- [DHHS Health and Wellbeing](#)

Local Shire Events Links

- [Baw Baw Shire](#)
- [Bass Coast Shire](#)
- [South Gippsland Shire](#)

