



# Fortem Wellbeing Hub

**A space to recharge, reconnect and grow**

The Fortem Wellbeing Hub is a dedicated space designed to support the mental, emotional and physical wellbeing of first responders and their families.

Our hub combines holistic health resources, modern facilities, and community connection – all under one roof in Western Australia.

The hub is also the base for Fortem's outreach and volunteer program, providing virtual access to activities for first responders and their families right across Australia.

## What's available



### Programs and resources

- In-person and virtual wellness activities
- Workshops, classes, and therapeutic programs
- Guided resilience training and mental fitness sessions
- Couples counselling



### The Studio

- Exclusive access to the surrounding park
- Breathwork and mindfulness classes
- Creative art and expression sessions in a unique setting



### Fortem Community Hub

- Arcade machines for team downtime
- Wellness room and quiet spaces
- Tech corner, library, and collaborative workstation
- Comfortable lounge area and onsite lockers
- Training day, workshop or event space room set up



### Community garden

- Hands-on planting and growing activities
- Outdoor family-friendly programs
- A space to unwind and reconnect with nature



### Fitness and movement spaces

- Fully equipped gym tailored for first responders
- Dedicated Pilates and Yoga studios
- Group fitness and conditioning classes



### Onsite café

- Relax on the balcony deck over coffee connects
- Fresh, wholesome menu options
- Private event catering available





# Private wellbeing session

**We know how much you carry, and we're here to support you.**

You and your team are invited to a complimentary private session designed to help you recharge, reconnect, and build resilience together.



**Support your team's  
mental and physical  
wellbeing**



**Designed with first  
responder life in mind**



**Experience something  
restorative and  
energising**



**Strengthen connection  
and team cohesion**

## What's included

- Private guided tour of the Fortem Wellbeing Hub
- Access to the Mind Body Lounge with one premium service (Cryo / Infrared / Brain Tapping)
- Group strength and conditioning session in our responder gym
- Complimentary tea and coffee post-session to relax

**Spots are limited – register your team for  
a session today!**

**Contact us to find out more:**



**0456 451 261**



[wellbeinghub@fortemaustralia.org.au](mailto:wellbeinghub@fortemaustralia.org.au)



## Connected services

### Mind Body Lounge

Where recovery meets innovation – personal healthcare technologies to restore your body and mind.

- Cryotherapy
- Infrared sauna
- Brain tapping
- Red light therapy
- Oxygen chambers
- Compression boots and suits
- Massage chairs
- Immersive recovery rooms
- Showers and changing facilities



**Fortem**

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The hub is also the base for Fortem's outreach and volunteer program, providing virtual access to activities for first responders and their families right across Australia.

You can read about the hub's available services and facilities below, as well as connected services.

As well as supporting individual first responders and their families, the hub is also offering private wellbeing sessions for station teams, first responder sporting teams and departments within first responder agencies.

## What's available



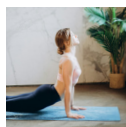
### Programs and resources

Programs and resources include in-person and virtual wellness activities such as workshops, therapeutic classes, resilience and mental fitness sessions, and couples counselling.



### Community garden

The community garden offers hands-on planting activities, outdoor family-friendly programs, and a peaceful space to unwind and reconnect with nature.



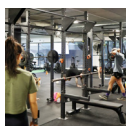
### The Containership

The Containership—a repurposed shipping container for wellbeing—offers exclusive access to the surrounding park, breathwork and mindfulness classes, and creative art and expression sessions in a unique setting.



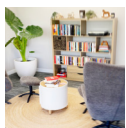
### Onsite café

The onsite café features a balcony deck perfect for coffee catch-ups, a fresh and wholesome menu, and private event catering options.



### Fitness and movement spaces

Fitness and movement spaces include a fully equipped gym designed for first responders, dedicated Pilates and yoga studios, and group fitness and conditioning classes.



### Fortem Community Hub

The Fortem Community Hub features arcade machines for team downtime, a wellness room and quiet spaces, a tech corner, library, collaborative workstations, a comfortable lounge area, and onsite lockers.

## Private Wellbeing Session – On Us

**Station teams, first responder sporting teams and departments.**

**You and your team are invited to a complimentary private session designed to help you recharge, reconnect, and build resilience together.**

- Support your team's mental and physical wellbeing
- Strengthen connection and team cohesion
- Experience something restorative and energising
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## Community garden

The community garden offers hands-on planting activities, outdoor family-friendly programs, and a peaceful space to unwind and reconnect with nature.

## The studio

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# Fortem outreach program

## Supporting more first responders and their families in regional and remote Australia

Fortem is expanding support to more first responder communities across Australia through its expanded outreach program.

This innovative program provides social connections, mental health literacy resources, virtual team building activities and referral pathways for additional supports to first responders and their families no matter where they live.

It also expands our ability to provide rapid, on-the-ground support to first responder communities impacted by natural disasters. This is being driven through an expanded virtual program of activities operating from Fortem's Wellbeing Hub, as well as a Fortem peer support program delivered through a network of volunteers from across the country.

By extending our reach, Fortem ensures no first responder or their family misses out on the support they deserve - no matter where they are in Australia.

### Volunteer and peer support initiatives

- In-house training and leadership development for Fortem volunteers
- Empowering volunteers to deliver wellbeing activities in new regions
- Building peer-led programs across rural and metro areas

### Fortem peer-support program

- In-person and virtual coffee chats with trained peers
- Support that's accessible, casual, and community-driven

### Virtual wellbeing activities

- Programs and kits delivered directly to first responder stations and units
- Family-friendly activities including posted art and craft kits
- Interactive online sessions where families connect and create together

### Quarterly virtual wellbeing format

A fresh rotation of curated programs each quarter, with themes such as:

- Education and upskilling
- Technology and digital literacy
- Health and nutrition
- Finance and business skills
- Creative and community building experiences





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## Mind Body Lounge

Co-located with the Fortem Wellbeing Hub and accessible to first responders and their families is Mind Body Lounge, a place where recovery meets innovation.

- Cryotherapy
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- Brain tapping
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