



# Oasis

STUDENT WELLBEING CENTRE



COMMUNITY  
& DIVERSITY



FAITH &  
SPIRITUALITY



MENTAL &  
PHYSICAL  
WELLBEING

**OASIS is a Student Community Wellbeing Centre**  
focused on supporting the physical, emotional, social  
and spiritual needs of students.

We're open for **drop-ins Monday to Friday 8am to 5pm** so come and relax and connect with friends (and make new ones!).

We have a **lounge area**, **quiet space**, kitchen with **microwaves** to heat your lunch, a **courtyard garden** with seating, **prayer rooms** and a large **bookable space** for events and activities.

We offer many **wellbeing programs** and **student-led activities** to help you on your student journey - including a weekly **Community Market every Thursday** with free fruit and vegetables and low-cost pantry items.

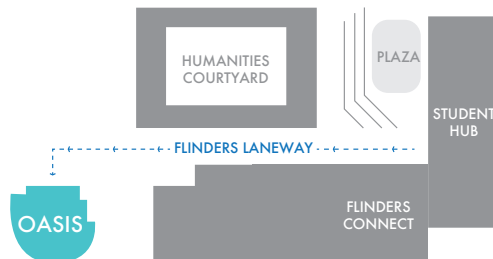
Can't find a way to see us in person?  
Many of our programs are replicated on our **Oasis Online FLO topic!**

 [oasis.flinders.edu.au](https://oasis.flinders.edu.au)

 [oasisatflinders](https://www.facebook.com/oasisatflinders)

 [oasis@flinders.edu.au](mailto:oasis@flinders.edu.au)

 08 8201 3530



**Flip over to check out what's on offer at Oasis!**



# Flinders Community Market



**CONVERSATION** GROUPS



**VOLUNTEER**  
PROGRAM



**MENTAL FITNESS**  
WORKSHOPS & COMMUNITY



**CHAPLAINCY**



**MINDFUL** YOGA



**FOREST WALKS**



**MIDDAY**  
**MEDITATION**



**STUDYOLOGY**  
THE ART & SCIENCE OF STUDY



**MINDFULNESS**  
FOR ACADEMIC SUCCESS



**WELLBEING**  
**AMBASSADORS**