



Ocean Mind

Changing Lives Through
Surfing

A young boy and a woman are in the ocean, both wearing bright green wetsuits. The boy is in the foreground, looking towards the right. The woman is behind him, also looking right. In the background, other people are visible in the water. A large cyan circle is overlaid on the right side of the image, containing text.

Surfing
+
Friends
+
Fun





Create
supportive
environments



A photograph of two surfers in the ocean. One surfer, wearing a bright green wetsuit with a black swirl logo on the back, is crouching on a yellow surfboard, riding a wave. The other surfer, wearing a blue wetsuit, is in the water behind him, looking on. The background shows a vast blue ocean under a clear sky. A large, semi-transparent pink circle with a cyan border is overlaid on the bottom left corner of the image.

Connect
to
Nature



Healthy Psychological Development





Improved
confidence and
self efficacy





Improve
relationships
between young
people and elders





SIMPLE EVIDENCE BASED FORMULA



- Mentoring
- Surfing
- Experiential Learning



MENTORS

Community members are trained to support, encourage and provide safety for participants



OM Mentors



Learn to create
comfort in the
uncomfortable







Learn fine motor
skills



Brings mind to the
present moment,
improving
awareness and
sustained focus





Creates a
sense of
achievement





Improved Emotional
Regulation





More optimistic
outlook





Improved
Self-esteem





Improved
self regulation
of behaviors






Improved
communication and
social skills





A woman with blonde hair, wearing an orange long-sleeved shirt and black wetsuit pants, is riding a yellow surfboard on a wave. She has an expressive, open-mouthed look. A young boy in a neon green long-sleeved shirt and black wetsuit pants is lying on his stomach on the surfboard, looking forward. The surfboard is yellow with a black edge. The background shows a dark ocean with white foam from the wave. In the distance, two other people are visible in the water. A large pink circular graphic is in the top right corner, containing the text "A place to belong".

A place to
belong





CONTACT US

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