

Emotional Wellbeing

experiencing anxiety and/or depression

"The focus is about thriving, not just surviving"

MIFSA Therapeutic Groups 2017

www.mifsa.org

These groups will be held over 6 weeks

Sessions run for 2 hours, with a break for refreshments

There are two facilitators and 6 - 8 participants

Together we will explore and practice:

- Genuine foundations of wellbeing
- Ways to unhook from negative thinking and worry
- Strategies to diminish the impact of stress and anxiety
- Emotional awareness and acceptance
- The benefits of mindfulness
- Being guided by our values
- Ways to enhance happiness and resilience



Tuesdays

25th July - 29th August



12.45pm - 2.45pm



Community Connections
72 Collins Parade
Hackham



8186 6944



Bookings Essential



Free Creche
limited places

