

EMOTIONAL WELLBEING & RESILIENCE

**WEDNESDAYS • 5 WEEK PROGRAM
STARTS OCTOBER 31 • 12:30 PM - 2:30 PM
AT THE HACKHAM WEST COMMUNITY CENTRE**

FACILITATED BY ROSE BOSWELL OF UNITING COMMUNITIES

*Explore a dynamic and interactive **FREE** program,
assisting you to enhance your emotional wellbeing
and build resilience to create your best life.*

Key aspects of this program include:

BALANCED LIFESTYLES

FINDING MEANING

FORGIVENESS

RANDOM ACTS OF KINDNESS

POSITIVE EMOTIONS

DEALING WITH NEGATIVE THOUGHTS

**Free Creche is available. Bookings are essential.
Ring 8384 1065 to register and book Creche.**

**Our
community
centre.
The heart
of HackhamWest.**

Hackham West Community Centre
44 Glynville Drive
Hackham West, SA 5163
Ph: (08) 8384 1065

SUPPORTED BY

**CITY OF
ONKAPARINGA** 

 **UNITING
COMMUNITIES**