

Emotional Wellbeing

For people experiencing anxiety/depression

Wednesday's
7th February - 14th March 2018
9:30am - 11:30am

Community Connections
72 Collins Parade, Hackham



"The focus is about
thriving, not just surviving"

Free crèche – limited places. Please call 8186 6944

Skylight's Therapeutic Groups focus on helping people to develop and maintain a key role in their recovery, build resilience, and achieve the best possible quality of life. Sharing ideas and strategies for enhancing wellbeing with others who have had similar experiences can be particularly helpful.

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

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. **There is no cost to attend.**

Bookings essential. For more information or to register please email irene@skylight.org.au or phone Irene or Anna at Skylight Wayville, 8378 4100.



SEE MENTAL HEALTH DIFFERENTLY