

Mental Health, Wellbeing & Self-Care Program



*Develop coping strategies & skills to
look after yourself*

Week 1 - 20th April 2021

- Introduction depression/anxiety
- Lack of self esteem & confidence
- Cognitive Behaviour Therapy
- Positive steps to wellbeing

Week 2 - 27th April 2021

- Exploring trauma past and present
- Stress management
- Problem solving
- Mindfulness

Week 3 - 4th May 2021

- Challenging negative thoughts
- Core beliefs
- Unhealthy thinking styles
- Emotional regulation
- Self-care

Week 4 - 11th May 2021

- Relationships (family, work, children & husband)
- Awareness to marital stress
- Coping skills

Week 5 - 18th May 2021

- Assertive communication
- Boundaries
- Intra-personal skills
- Moving forward



Location: Punchbowl Community Centre
44 ROSEMORE AVE, PUNCHBOWL, NSW
Starting Tuesday 20th April for 5 weeks

Time: 10AM till 12PM
LIGHT REFRESHMENTS

CONTACT: 0424411561

Cost Free

BOOKING IS ESSENTIAL

WE ARE COVID SAFE