



‘Mind your Mind’

focus on your inner development

Our program is designed to help you develop a greater insight into your mental health. It is also a great chance to develop networks with others wanting to learn about their mental health. Small group– maximum 6 participants

The 9 week program (2 hour sessions) includes:

- Strengths and goals
- Learning about stress
- Coping
- Accepting thoughts and feelings
- Positivity and hopefulness
- Managing relapse

WHO: Suitable for those 18 years and over

COST: NDIS core funding (please ask for funding breakdown) or
Fee for service: \$15 a session

WHEN: begins Monday 18th February 10:30-12:30pm

WHERE: 1/25 Wiltshire St, Salisbury

Enrolment Form: please email kat.lee@pathwaystorecovery.com.au for an enrolment form or call/text ph: 8281 3626/0421 324 478 for further details