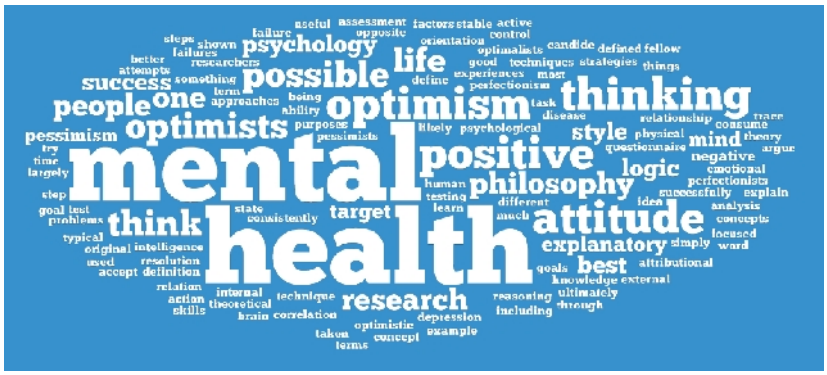

"Healthy Mind, Healthy Life"

Developing your resilience and building a stronger you!!

WHAT: A 20 week self-help and self-awareness program. Designed for you to undertake at home, at your pace and at a time that suits you. 10 topics for you to work through and help develop you as a person and reach your potential: Practice thought awareness, cognitive restructuring, overcoming fear of failure, build self-confidence, coping strategies, random acts of kindness, sleep, health and nutrition, develop strong relationships, personal goal setting and putting it into action every day. An online program with information, worksheets, tools and strategies to assist your progress.

WHEN: A launch date of May 26, with an information session and program overview. All welcome to come along and find out more, commencing at 6:30pm in the Hotel function room. Dinner will be provided, and for catering purposes, an RSVP by Tuesday May 23 would be much appreciated.

The course will commence on June 5, covering one topic every two weeks, for a course timeframe of 20 weeks. Registrations Close May 30, 2017

WHO: Open to anyone who wants to learn more about themselves, what makes you tick, how to overcome challenges in your life and become a stronger and more resilient person.

COST: $100 all inclusive, drive away, no more to pay, a new model you!!

CONTACT: To register or seek more information, please contact any of the following members of the Kimba Mental Health & Wellbeing Group:

Meagan Lienert	0427272254	Paul Rogers	0408565651
Chelsea Woolford	0428449787	Therese Francis	0428509606
Abby Richards	0428350658	Michelle Rayner	0427272123
Helen Tucker	0429880098	Maxine Enright	0428272488
Laura Fitzgerald	0439854885		