

Struggle with mindset?

Our Groups are for children, teens & adults



WHY GROUPS?

Because sometimes we need a little guidance towards a happier, healthier life.

Our range of Groups for 5+ are designed to build confidence, resilience and teach coping strategies.

Groups are \$400 and located at in Joondalup, Currambine and Stirling.

CURRENT GROUPS

Our groups run for 4 or 6 weeks (one session per week). Term 4 starts 12 Oct. Current groups:

- Magic Coat
 - Age 5-8 & 9-11
- Girls with a Purpose
 - Female age 9-12 & 13-17
- In the Zone
 - 13-17 & 18+
- Wise Minds
 - 13-17 & 18+
- The Body Project
 - Female 13-18



Interested? Email groups@directionpsychology.com.au

GROUPS

TERM 4

12 OCT
- 16 NOV

ALL GROUPS RUN FOR
6 WEEKS*

*THE BODY PROJECT
RUNS FOR 4 WEEKS
STARTING 17 OCTOBER

groups@directionpsychology.com.au

MONDAY

4.15 - 5.15 PM
& 5.30 - 6.30 PM

Magic Coat

Building confident,
resilient, adaptive
and positive kids.

Who: 5-8 & 9-11

Location: Currambine
Community Centre

TUESDAY

6 - 7.30 PM

Wise Minds & In the Zone

CBT or Mindfulness to
improve mood,
mindset & anxiety.

Who: 18+

Location: Currambine
Community Centre

WEDNESDAY

5 - 6.30 PM

Wise Minds & In the Zone

CBT or Mindfulness to
improve mood,
mindset & anxiety.

Who: 13-17

Location: Currambine
Community Centre

WEDNESDAY

4 - 5.30 PM
& 5.30 - 7 PM

Girls with a Purpose

Building empowered
and confident young
women.

Who: Female 9-12
& 13-17

Location: Joondalup
Monad Centre

SATURDAY

10 - 11.30 AM

The Body Project

Improve body image &
decrease dieting risk.

Who: Female 13-18

Location: Joondalup
Direction Psychology

