
GROUPS

TERM 1

22 FEB
- 29 MAR

ALL GROUPS RUN
WEEKLY FOR 6 WEEKS

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

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: Yangebup
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

Girls with a Purpose

Building empowered
and confident young
women.

Who: Female 9-12

Location: Joondalup
Monad Centre

FRIDAY

4 - 5.30 PM

Girls with a Purpose

Building empowered
and confident young
women.

Who: Female 13-17

Location: Currambine
Community Centre

