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## GROUPS

TERM 2

**10 MAY  
- 18 JUN**

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ALL GROUPS RUN  
WEEKLY FOR 6 WEEKS

[groups@directionpsychology.com.au](mailto:groups@directionpsychology.com.au)

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MONDAY

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4.15 - 5.15 PM

### Magic Coat

Building confident,  
resilient, adaptive  
and positive kids.

Who: 5-8

Location: Currambine  
Community Centre

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MONDAY

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5.30 - 6.30 PM

### Magic Coat

Building confident,  
resilient, adaptive and  
positive kids.

Who: 9-11

Location: Currambine  
Community Centre

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WEDNESDAY

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4.30 - 6 PM

### Wise Minds

CBT to improve mood,  
mindset, stress &  
anxiety.

Who: 13-17

Location: Currambine  
Community Centre

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WEDNESDAY

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4.30 - 6 PM

### Girls with a Purpose

Building empowered  
and confident young  
women.

Who: Female 13-17

Location: Currambine  
Community Centre

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FRIDAY

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4.30 - 6 PM

### Girls with a Purpose

Building empowered  
and confident young  
women.

Who: Female 9-12

Location: Currambine  
Community Centre

