

Change your Mind, **Change your Life!**...



3 HR WORKSHOP

Our new workshop teaches positive mindset & coping skills, and focuses on:

- Understanding the mind & mood connection
- Learning how to navigate negative moods by teaching coping skills
- Using helpful self-talk in challenging situations
- Making gratitude part of daily life
- Teaching mindfulness skills to shift out of 'over-thinking' mode
- Identifying personal values to move forward constructively

DETAILS?

WHO?

- 12-15 year old's (youth)
- 16-20 year old's (mature)

WHERE & WHEN?

During School Holidays!

- Tues 13th July at 3.15-6.15pm (youth)
At Currambine Community Centre
- Sat 17th July at 1-4pm (mature)
At The Monad Centre, Joondalup

WANT TO PARTICIPATE?

Email: groups@directionpsychology.com.au



We're always here to help: 1300 322 068
www.directionpsychology.com.au

Girls with a Purpose: Building empowered & confident young women
6 weekly Group sessions starting **4th August...**



COURSE CONTENT

This course was created by a qualified Psychologist, and aims to improve self-esteem and confidence, by:

- Helping to identify personal values, strengths & self-worth
- Building emotional resilience & teaching coping strategies
- Understanding perception & breaking unhelpful thought patterns.

MORE INFO

WHO?

- 9 - 12 & 13 - 17 year old girls

WHERE?

- Currambine Community Centre

WHEN?

- 6 x Weds 4.30-6pm from 4th August

HOW MUCH?

- \$400

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