

Coping during COVID

**A two-session workshop
designed to help you.**

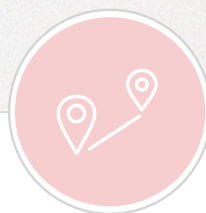
For anyone who is sick of the ongoing pandemic and wants to better understand and manage their responses.



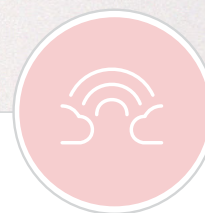
Learn how our bodies adapt to stress and why your feelings and reactions are normal.



Look at different ways to manage covid-related frustration and worries.



Identify areas where the pandemic is shifting our values and goals.



Leave the sessions with a few proven and easy-to-use strategies to help you feel calmer, connected and centered.

Canberra Head to Health, Alia House, 9 Napier Close, Deakin Downstairs Meeting Room.

We have a harm minimisation framework so please do not consume drugs or alcohol prior to attending group.

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