

No cost

Light refreshments
will be provided.

All participants will receive
a workbook to keep

Healthy coping workshops

**Four weekly sessions focusing on
building your healthy coping skills.**

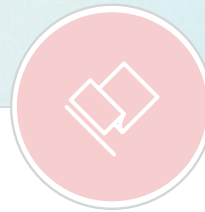
For those who are struggling and feeling a little disconnected, uninspired, stuck or overwhelmed. Those who want to get more out of life, find more safety, connection, purpose, productivity, and joy.



Identify how our **physical health** impacts our mood, our capacity to cope, and our quality of life.



Identify and seek out experiences of safety in ourselves and our environment.



Walk through a simple process to identify current **goals and values**. Identify and plan purposeful activity in line with these values.



Understand how we are wired for connection, and why this is both important and sometimes challenging. Get curious about **safe connection with people, place, and community**.

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.

1800 595 212

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Think Mental Health Pty Ltd

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