

FREE PROGRAM

Changing Lives Keep Your Balance

PROGRAM DELIVERY: ENGLISH



This program is built to educate participants about mental health and the challenges around .It give them the skills to deal with the stress and the burden in day to day life. It aims to provide a safe environment where participants can talk about stress and explore ways in which issues can be managed and get a positive feedback. The Sessions are:-

- Session 1: Stress- What is it?
- Session 2: Dealing with Stress
- Session 3: Making Changes
- Session 4: Dealing with Loss
- Session 5: Women and Stress
- Session 6: Women and Self esteem
- Session 7: Being in Control

Starting from Tuesday,15th October 2019 for 7 Weeks

(Time - 10:30am -12:30pm)

At Reg Byrne Hall Cnr of Fyall ave & Darcy road Wentworthville 2145

For more information

Please contact: Karishma (02) 96316575

This program is supported by BCE Program-multicultural health western Sydney Local health District

