



November 2018

Location – Abbotsford

Collingwood Football Club Community Centre
Ground Floor, Cnr Lulie and Abbott Streets
Abbotsford VIC 3067

Event	When	
<p>Coming out of the clutter closet</p> <p>For many people who experience mental ill-health, a less than organised home is a by-product or a symptom of the challenge facing them. In this course, the aim is for you to look at some of the underlying difficulties that might be making it difficult for you to gain control, get some ideas on how to make changes and discover that you are not alone.</p>	<p>Wednesdays 7, 14, 21 and 28 November 10:00 am – 1:00 pm</p>	
<p>Understanding anger</p> <p>We all feel angry sometimes; it is part of being human. Anger can be useful, but it can also become a problem when it harms you or the people around you. In this course we will look to understand more about anger, how it works, factors which can make it worse and how to control it. We will consider some basic tools to deal with anger and ways to recognise your own anger signs.</p>	<p>Wednesdays 7, 14, 21 and 28 November 1:30-4:30 pm</p>	

Stock photos. Posed by models.

Expression of interest to attend any of these courses is invited now!

Visit <https://www.mindaustralia.org.au/eoi-abbotsford> and complete the online form or call Mind Connect on 1300 286 463 to enrol over the phone.

If you are an NDIS participant you are able to use your funding to access these courses. If you are not an NDIS participant course fees may apply, please contact us to discuss your options.

Mind Connect

1300 286 463

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