

December 2018

Location – Gippsland

217-219 Princes Drive
Morwell VIC 3840

Event	When	
<p>Coping with Christmas</p> <p>Christmas is a time of year that has come to mean different things to different people, but often it's a difficult time. Getting through Christmas is stressful for many of us, with the money and people pressures that it can bring. However we feel about Christmas, we are surrounded by it. In this course we will support each other to look at how we may be affected by the different aspects of the festival, including: values, money, relationships, loss, food and drink, and facing the New Year. Throughout the course we will work on making our own personal plan to help see us through.</p>	<p>Wednesday 5 December 11:00 am – 3:00 pm</p>	
<p>Looking forward and goal setting</p> <p>Are you looking for the chance to live a fuller life but not sure where to start or what to do? This course will provide you with the opportunity to reconnect with the things in your life that make you feel fulfilled and give you skills in setting achievable goals for yourself. Whether it's reconnecting with family or friends or getting back into a hobby or activity you enjoy, having a plan provides focus and motivation for what you want to achieve, and the people and resources you may need, in order to make it happen.</p>	<p>Tuesdays 11 and 18 December 11:00 am – 3:00 pm</p>	
<p>Advance statements</p> <p>Advance statements are a way of telling your loved ones and health care practitioners how you wish to receive support. In this course, you will learn about why they were introduced and their practical use. The facilitator will also share their experience of writing and using an advance statement. You will be supported in identifying what can be included, who can be involved in the development of your advance statement, and what to do with your advance statement once it is completed.</p>	<p>Wednesdays 12 and 19 December 11:00 am – 3:00 pm</p>	
<p>Managing stress</p> <p>We all experience stress – some big, some small - whether it's noisy neighbours, family issues, money worries, challenges at work, looking for work, and so on. Come along to this introductory course to examine the causes and effects of stress, and practical activities and methods that may help you to manage the stress in your life.</p>	<p>Friday 14 December 11:00 am – 3:00 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-gippsland> 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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