




October 2018

Location – Gippsland

To be confirmed

Event	When	
<p>Confident me</p> <p>This course will explore confidence, self-esteem and how to have a good relationship with yourself. By the end, the aim is that you will walk out of the course thinking... I am me and I'm ok.</p>	<p>Tuesdays 9, 16, 23 and 30 October 11:00 am – 3:00 pm</p>	
<p>Understanding self harm</p> <p>At times, life can be hard to cope with, especially if you have experienced trauma. Sometimes it seems that the only way to feel better or to express yourself is to self harm. The aim of this course is to explore the facts and realities of self harm, how it is treated and most importantly, ways in which people manage it or support someone they care about.</p>	<p>Wednesdays 10, 17, 24 and 31 October 11:00 am – 3:00 pm</p>	
<p>Anxiety – it's just not that simple</p> <p>Anxiety is a constant companion for many people. Often when we are living with anxiety, it feels like we are the only one in the world who has these horrible fears and it can seem easier to avoid social situations altogether. But we know of many people who have been through the fears that anxiety produces and have come out healthier and happier on the other side. This course uses a learning environment where students can begin to understand some of the causes of anxiety, become aware of their personal triggers and explore strategies that help them better manage their anxiety and re-engage with their world. This course can be a follow on from the Exploring the experience of anxiety course.</p>	<p>Thursdays 11, 18, 25 October, 1, 8 and 15 November 11:00 am – 3:00 pm</p>	

Mind Connect

1300 286 463



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<p>Self care</p> <p>To take care of yourself and nurture your holistic wellbeing is an important skill to learn in life. Come to this course and develop strategies to build hope, establish a positive identity, find meaning and purpose in your weekly routine and begin to take control and responsibility for managing your life. We will utilise a range of different teaching methods and will support you to transfer your learning into your everyday life.</p>	<p>Fridays 12, 19, 26 October, 7 and 14 November 11:00 am – 3:00 pm</p>	
<p>Assertiveness skills</p> <p>Assertiveness is a way of communicating that allows us to express our point of view and state our needs clearly. In this course you will have the chance to gain assertiveness skills. We will explore and learn what assertive communication is, ways we can communicate and behave, what assertive communication looks like, and techniques for assertive behaviour including saying no and giving and receiving feedback.</p>	<p>Wednesdays 31 October, 7, 14 and 21 November 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.

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