

November 2018

Location – Gippsland

217-219 Princes Drive
Morwell VIC 3840

Event	When	
<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>Tuesdays 13, 20, 27 November and 4 December</p> <p>11:00 am – 3:00 pm</p>	
<p>Let's get moving</p> <p>This four week course offers students an opportunity to participate in physical activity whilst also learning about motivation, health, overcoming challenges and sustainable changes. It's a fun and interactive course for students of all abilities and skill levels. If you want to kick start a healthier lifestyle in a supportive and dynamic setting come and join us.</p>	<p>Fridays 16, 23, 30 November and 7 December</p> <p>11:00 am – 3:00 pm</p>	
<p>Food and mood</p> <p>Food can affect our mood and mental wellbeing. This course will help you to identify foods that nourish your body and soul. We will develop an understanding about nutrition, good health and energy, and explore how we can best achieve optimal health and wellbeing. The course will help you develop more awareness of why, when and what you eat and how to change your habits, manage your cravings and add nutrients that can support more positive daily moods.</p>	<p>Thursdays 22, 29 November, 6 and 13 December</p> <p>11:00 am – 3:00 pm</p>	
<p>Understanding personality disorder</p> <p>Some people have difficulty managing aspects of their personality and this can typically affect their relationships, managing emotions, thoughts and behaviours. This course will explore helpful approaches to support people to manage their life and will draw on people's lived experiences to inform discussions and develop strategies for wellbeing.</p>	<p>Wednesday 28 November</p> <p>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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