

**November 2018**

**Location – Glen Eira**

Glen Eira Sports and Aquatic Centre  
200 East Boundary Road  
Bentleigh East VIC 3165

Event	When	
<p><b>Managing stress</b></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><b>Friday 2 November</b> 11:30 am - 2:30 pm</p>	
<p><b>Exploring the experience of grief and loss</b></p> <p>Whether it's the loss of a loved one, a valued relationship or part of our identity, we all experience grief and loss in our lives. During the course we will explore the cycle of grief and loss and how to be able to support yourself to work through it in a way that supports your wellbeing. The facilitators will draw on their own experiences in dealing with grief and loss to support you with your learning.</p>	<p><b>Tuesdays</b> <b>13, 20 and 27 November</b> 11:45 am - 1:45 pm</p>	
<p><b>Emotional intelligence</b></p> <p>Have you ever wondered what it really means to be emotionally healthy and what part emotional intelligence plays in living this way. How do I measure my level of emotional intelligence? Can I learn to develop my emotional intelligence further? In this presentation we will discuss how we use our emotions when dealing with stress, coping with challenges in our lives, how we empathise with others and our self-esteem. By understanding our emotional intelligence and what has influenced its development, it is possible to bring a greater degree of healing into our lives.</p>	<p><b>Fridays</b> <b>16 and 23 November</b> 11:30 am - 2:30 pm</p>	
<p><b>Coping with Christmas</b></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><b>Friday 30 November</b> 11:30 am - 2:30 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-gleneira> 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

[mindaustralia.org.au](https://www.mindaustralia.org.au)

[mindconnect@mindaustralia.org.au](mailto:mindconnect@mindaustralia.org.au)