



December 2018

Location – Glynde

19 Glynburn Road
Glynde SA 5070

| Event | When | |
|--|--|--|
| <p>Learning to learn</p> <p>Knowing a bit more about how you learn can increase your confidence when trying to learn new things. This course will help you understand the process and your own learning style. You will come away with your own set of tips for making learning easier.</p> | <p>Mondays 3, 10 and 17 December 1:00-4:00 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>Thursdays 6, 13 and 20 December 1:00 -4:00 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-glynde> 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

mindconnect@mindaustralia.org.au