



October 2018

Location – Glynde

19 Glynburn Road
Glynde SA 5070

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>Mondays 8, 15, 22 and 29 October 1:00-4:00 pm</p>	
<p>Exploring the experience of grief and loss</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>Thursdays 11, 18 and 25 October 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.

Mind Connect

1300 286 463

mindaustralia.org.au

mindconnect@mindaustralia.org.au