

**September 2018**

**Location – Greensborough**

20 Main Street  
Greensborough VIC 3088

Event	When	
<p><b>Exploring the experience of depression</b></p> <p>Experiencing depression goes beyond feelings of sadness or unhappiness and can deeply disrupt how we think, feel and live. How people describe and manage depression is unique, but there are often common themes in the experience. This course is a space to increase your knowledge about depressive experiences and to share personal wisdom in discussion.</p>	<p><b>Tuesday 4 September</b> 10:00 am – 1:00 pm</p>	
<p><b>What is recovery?</b></p> <p>More and more people are talking about recovery and mental health issues, but what does this actually mean? In this course, we explore a few different ways of thinking about recovery. We'll also look at some ideas for living well while experiencing the things our society calls mental ill-health.</p>	<p><b>Tuesday 11 September</b> 10:00 am – 1:00 pm</p>	
<p><b>Food and mood</b></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><b>Thursdays</b> <b>13, 20, 27 September and 4 October</b> 1:00-4:00 pm</p>	
<p><b>Journaling for recovery</b></p> <p>Journaling can be a powerful way to increase awareness and insight, promote change and growth, and further develop a sense of self. Journaling can be a deeply therapeutic experience. Writing down your thoughts, feelings, experiences and goals can help you to cope with grief, gain perspective, and resolve complex issues and decisions.</p>	<p><b>Tuesdays</b> <b>25 September, 2, 9 and 16 October</b> 10:00 am – 1:00 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-greensborough> and complete the online form.

**Mind Connect**

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