



**December 2018**

**Location – Mile End**

73 Henley Beach Road  
Mile End SA 5031

Event	When	
<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 course 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>7 and 14 December</b> 1:00-4:00 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>Tuesday 11 December</b> <b>Friday 21 December</b> 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-mileend> 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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