




November 2018

Location – Nunawading

Level 1, 353 Whitehorse Road
Nunawading VIC 3131

Event	When	
<p>Self care</p> <p>To take care of yourself and nurture your holistic wellbeing is an important skill to learn in life. Come to this course and develop strategies to build hope, establish a positive identity, find meaning and purpose in your weekly routine and begin to take control and responsibility for managing your life. We will utilise a range of different teaching methods and will support you to transfer your learning into your everyday life.</p>	<p>Wednesdays 7, 14, 21, 28 November and 5 December</p> <p>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>Tuesdays 13, 20 and 27 November</p> <p>1:00-4:00 pm</p>	
<p>Coping with Christmas</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>Monday 19 November</p> <p>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-nunawading> 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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