

December 2018

Location – Wangaratta

16A Clark Street
Wangaratta VIC 3677

Event	When	
<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 3 December 12:30–3:30 pm</p>	
<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>Fridays 7, 14 and 21 December 12:30–3:30 pm</p>	
<p>Exploring the experience of bipolar</p> <p>Experiencing extreme changes in mood and thinking can impact all areas of our lives, our relationships, career goals and aspirations. How people describe and manage these mood changes is unique but there are often common experiences that people share. This course can help to increase your knowledge about the bipolar experience and share personal wisdom in discussion. There is great value in how we learn to manage it and how we find ways through the ups and downs.</p>	<p>Monday 10 December 12:30–3:30 pm</p>	
<p>Looking forward and goal setting</p> <p>Are you looking for the chance to live a fuller life but not sure where to start or what to do? This course will provide you with the opportunity to reconnect with the things in your life that make you feel fulfilled and give you skills in setting achievable goals for yourself. Whether it's reconnecting with family or friends or getting back into a hobby or activity you enjoy, having a plan provides focus and motivation for what you want to achieve, and the people and resources you may need, in order to make it happen.</p>	<p>Wednesdays 12 and 19 December 12:30–3:30 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-wangaratta> 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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