

**December 2018**

**Location – Nunawading**

Level 1, 353 Whitehorse Road  
Nunawading VIC 3131

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 5 December</b> 1:00-4:00 pm</p>	
<p><b>Assertiveness skills</b></p> <p>Assertiveness is a way of communicating that allows us to express our point of view and state our needs clearly. In this course you will have the chance to gain assertiveness skills. We will explore and learn what assertive communication is, ways we can communicate and behave, what assertive communication looks like, and techniques for assertive behaviour including saying no and giving and receiving feedback.</p>	<p><b>Tuesdays</b> <b>4, 11 and 18 December</b> 1:00-4:00 pm</p>	
<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>Wednesdays</b> <b>12 and 19 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-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

[mindaustralia.org.au](http://mindaustralia.org.au)  
[mindconnect@mindaustralia.org.au](mailto:mindconnect@mindaustralia.org.au)