

November 2018

Location – Wodonga

191 Beechworth Road
Wodonga VIC 3690

Event	When	
<p>Journaling for recovery</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>Mondays 5, 12, 19 and 26 November 12:30-3:30 pm</p>	
<p>Food and mood</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>Fridays 2 and 9 November 9:00 am - 12:00 pm</p>	
<p>Coming out of the clutter closet</p> <p>For many people who experience mental ill-health, a less than organised home is a by-product or a symptom of the challenge facing them. In this course, the aim is for you to look at some of the underlying difficulties that might be making it difficult for you to gain control, get some ideas on how to make changes and discover that you are not alone.</p>	<p>Fridays 16, 23 and 30 November 9:00 am - 12:00 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-wodonga> 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

mindconnect@mindaustralia.org.au