

December 2018

Location – Wodonga

Health and Wellbeing Wodonga
191 Beechworth Road
Wodonga VIC 3690

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>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 5 and 12 December 10:00 am – 1:00 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>Friday 7 December 9:00 am – 12:00 pm</p>	
<p>Emotional intelligence</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>Mondays 10 and 17 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-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

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