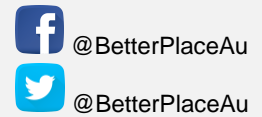




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My Way to Wellbeing

Learn healthy ways to manage life's challenges and cope with sadness, worry and anxiety.

My Way to Wellbeing is a six-week group program that aims to empower participants with evidence-based strategies that support mental health and enrich their wellbeing. Facilitated by mental health professionals, the group is a safe space for members to learn and practice together, helping individuals to find and implement what works for them.

This is helpful if you want to:

- Learn ways to cope with strong emotions such as sadness and worry
- Improve low mood or self-esteem
- Improve your focus or concentration at home or work
- Better express or communicate your feelings to others

MARCH INTAKE

Date	Wednesdays (March 15, 22, 29 & April 5, 12, 19)
Time	10am-12.30pm
Location	Online

Free of Charge

Find out more

Search '[My Way to Wellbeing](#)' on our website.

Register your spot now!

Call 1800 632 523 or email groupprograms@betterplace.com.au

betterplaceaustralia.com.au