



STOP THE STRESS

This online support group will offer teens the opportunity to share what they have been feeling and to understand their experience of stress, worry and anxiety. Teens can also share what's worked for them (and what didn't!).

Over the four sessions, Doncare's Counsellors will lead the group to guide learning about types of anxiety; why we experience stress and strategies to help. Suitable for teens aged 13-15 years.

Commencing in June 2021

4:00pm - 5:00pm online

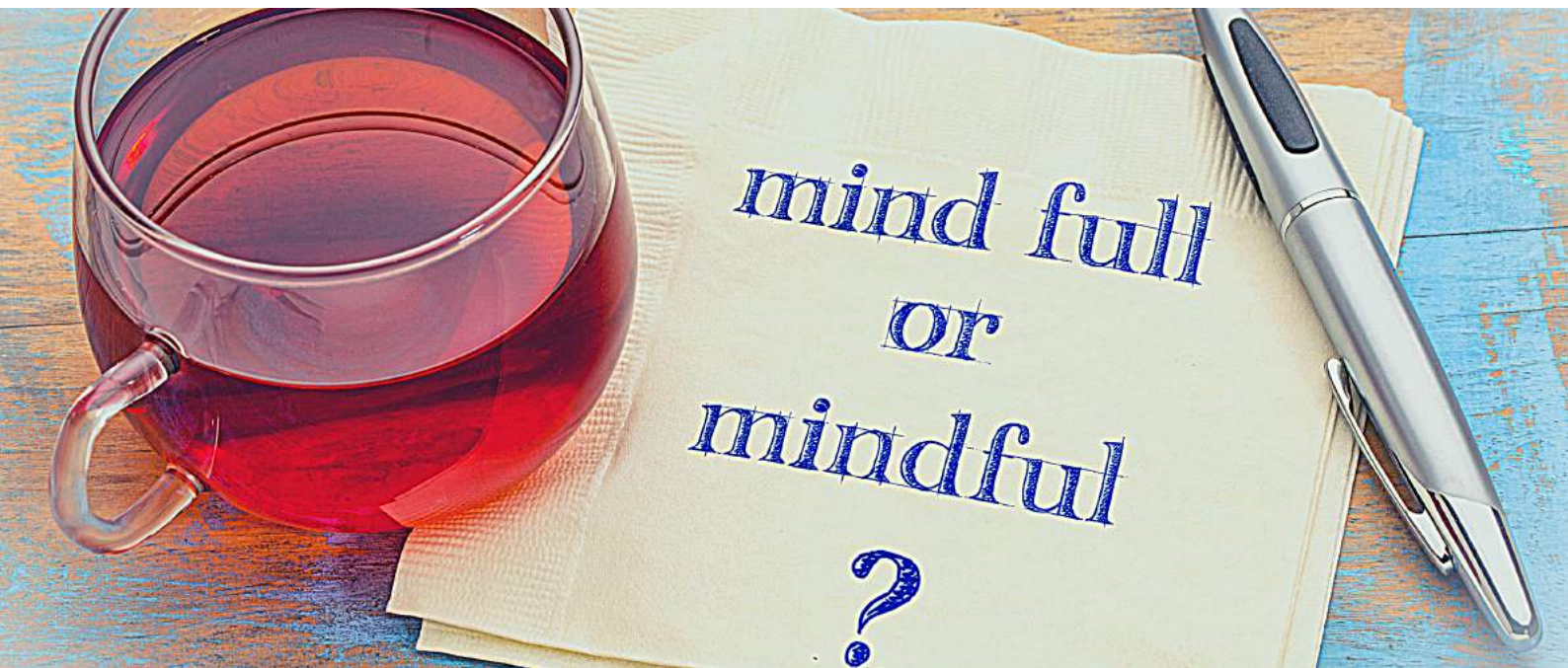
Cost: \$40 for 4 sessions

www.doncare.org.au

BOOK NOW

Call Daina 9856 1500

**Suite 4, Level 1, MC2
687 Doncaster Road
Doncaster 3108**



MIND CALM

Guided Meditation and Mindfulness Group

Explore a range of meditation and mindfulness techniques in a supportive environment.

- Discover what mind stilling methods work for you.
- Experience mindfulness.
- Learn breathing techniques.
- Practice different types of meditation.
- Share and reflect in a group setting.

Mondays, 12 July - 2 August, 2021

7:00pm - 8:00pm

Cost: \$40 for 4 sessions

Weekly sessions will be held online via Zoom.
Information will be provided after registration

BOOK NOW

Call: Andrea De Rauch on 9856 1500

Email: doncare@doncare.org.au



You Matter

A Space to Pause, Express, Connect & Thrive

*An opportunity for teens to express themselves,
their feelings & experiences through the creative arts*

**A creative art therapy group for teens aged between 13-18
years who are living with or have lived with family violence**

- **Improve self-confidence and self-esteem**
- **Learn about healthy relationships**
- **Form new friendships**
- **In a safe space that encourages listening and caring**

Thursdays
29th July - 2nd September
10:00am – 12:00pm

Doncare
Suite 4, Level 1, MC2, 687 Doncaster Road
Doncaster 3108

Participation is free .
All art materials will be provided.
No artistic skills necessary!!

BOOK NOW

Call: Sonia on 9856 1500
Email: sonia.tomasiello@doncare.org.au

Re:SPECT

A Space to Pause, Express, Connect & Thrive

The Women's Re:SPECT program utilises the visual arts, journaling and mindfulness for self-expression to explore themes relating to emotions, values and identity. Moving towards healing & recovery.

A 6-week creative art therapy group for women recovering from family violence

- Experience self-acceptance and growth in a safe and supportive environment
- Connect and share and with other women who have had similar experiences
- Break free from self-blame and fear
- Reconnect with your personal strengths, your power and wisdom
- Move forward and celebrate the future

Tuesdays
27th July - 31st August
10:00am - 12:00pm

Doncare
Suite 4, Level 1, MC2, 687 Doncaster Road
Doncaster 3108

Participation is free .
All art materials will be provided.
No artistic skills necessary!!

BOOK NOW

Call: Sonia on 9856 1500
Email: sonia.tomasiello@doncare.org.au



THRIVING

Build Your Inner Resources and Thrive

Facilitated by skilled therapists and counsellors, topics explored during the Thriving sessions will include:

- Connecting to others
- Nourishing ourselves
- Living our values
- Living with purpose
- Being present

Thursdays

26th August-16th September, 2021

10:00am - 11:30am

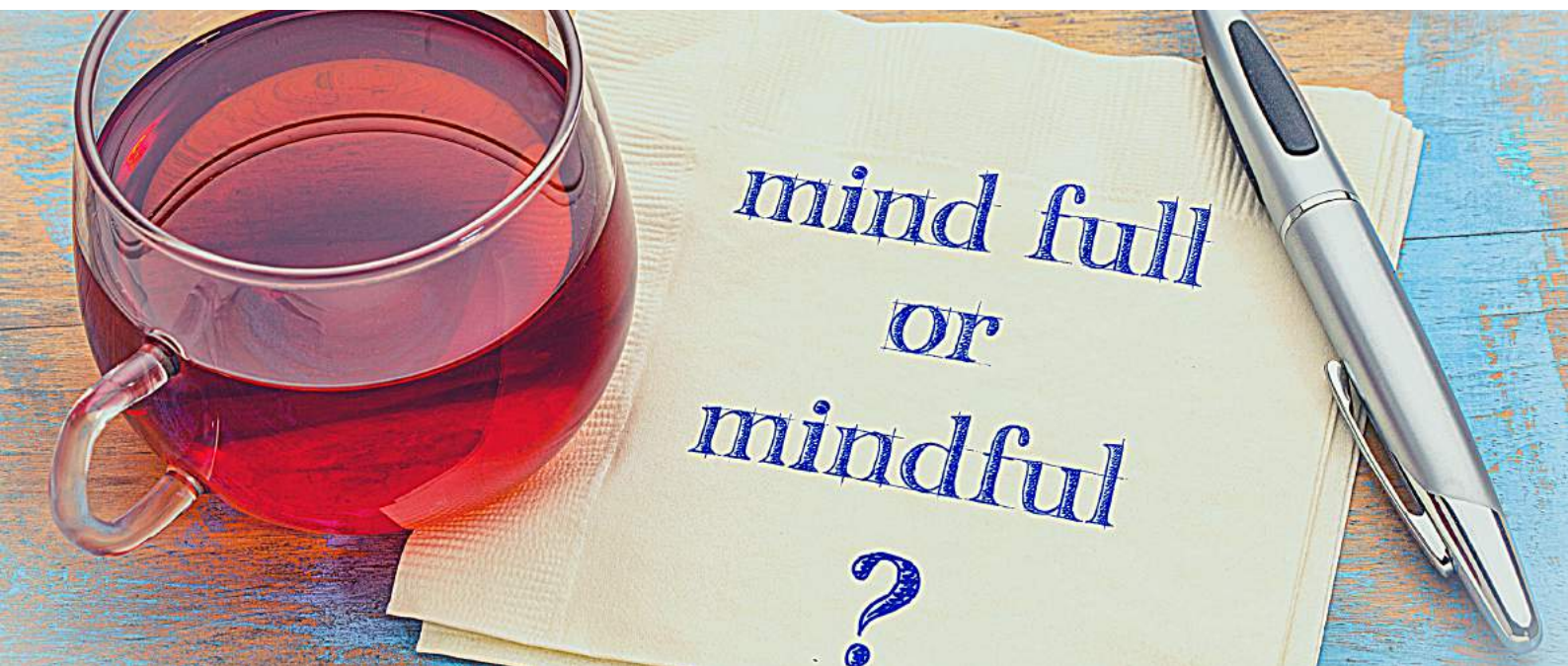
\$40 for 4 sessions

Weekly sessions will be held online via Zoom
Information will be provided after registration

BOOK NOW

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- Practice different types of meditation.
- Share and reflect in a group setting.

Mondays, 23rd August – 13th September, 2021

7:00pm – 8:00pm

Cost: \$40 for 4 sessions

Weekly sessions will be held online via Zoom.
Information will be provided after registration

BOOK NOW

Call: Andrea De Rauch on 9856 1500

Email: doncare@doncare.org.au