



Building UR Resilience

Young People's Group

This 4 week group program (6-10 participants) aims to equip young people with skills to better understand emotions and develop resilience skills.

This group may be for you:

- ❖ If you feel overwhelmed by your feelings and emotions.
- ❖ If you often feel stressed, anxious or depressed.
- ❖ If you want to learn some skills to adapt with life's challenges.
- ❖ If you'd like to be clearer on your goals and things that are important to you

This program is designed for young people between the ages of 13 to 25 year olds.

What to bring: Yourself and an open mind!

Where: EACH

2 Capital City Blvd, Westfield Knox Ozone, Wantirna South 3152

Starting Dates: Thursday 25 January 2018
Thursday 1 March 2018

Time: 3-5pm

Commitment: 4 weeks

Cost: FREE*

How to refer: Contact Psychological Strategies team on (03) 8805 2200 or
Email psintake@each.com.au

*Please note – in order to attend this group, all participants will need to have a Mental Health Care Plan from their GP.

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