



R.E.A.C.H Wellbeing Group

Everyone deserves a peace of mind!

Who is this program for?

Facilitators: Mr. Robert Craig, Psychologist Dr. Padmini Howpage, Psychiatrist

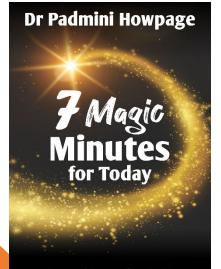
Program runs twice/year!

Workbooks: R.E.A.C.H work book by Black Dog Institute &

REACH is suitable for individuals over 18, who have lived with a diagnosis of depression or bipolar for at least one year. Eligible participants need to demonstrate:

- ✓ Capacity for personal growth
- ✓ Attendance for 2 hours, weekly for x 10 weeks
- Acceptance and commitment to recovery journey
- ✓ Motivation to implement wellbeing strategies

REACH is a psycho-educational therapy program for individuals with a mood disorder, run by qualified Black Dog Institute trained Facilitators.





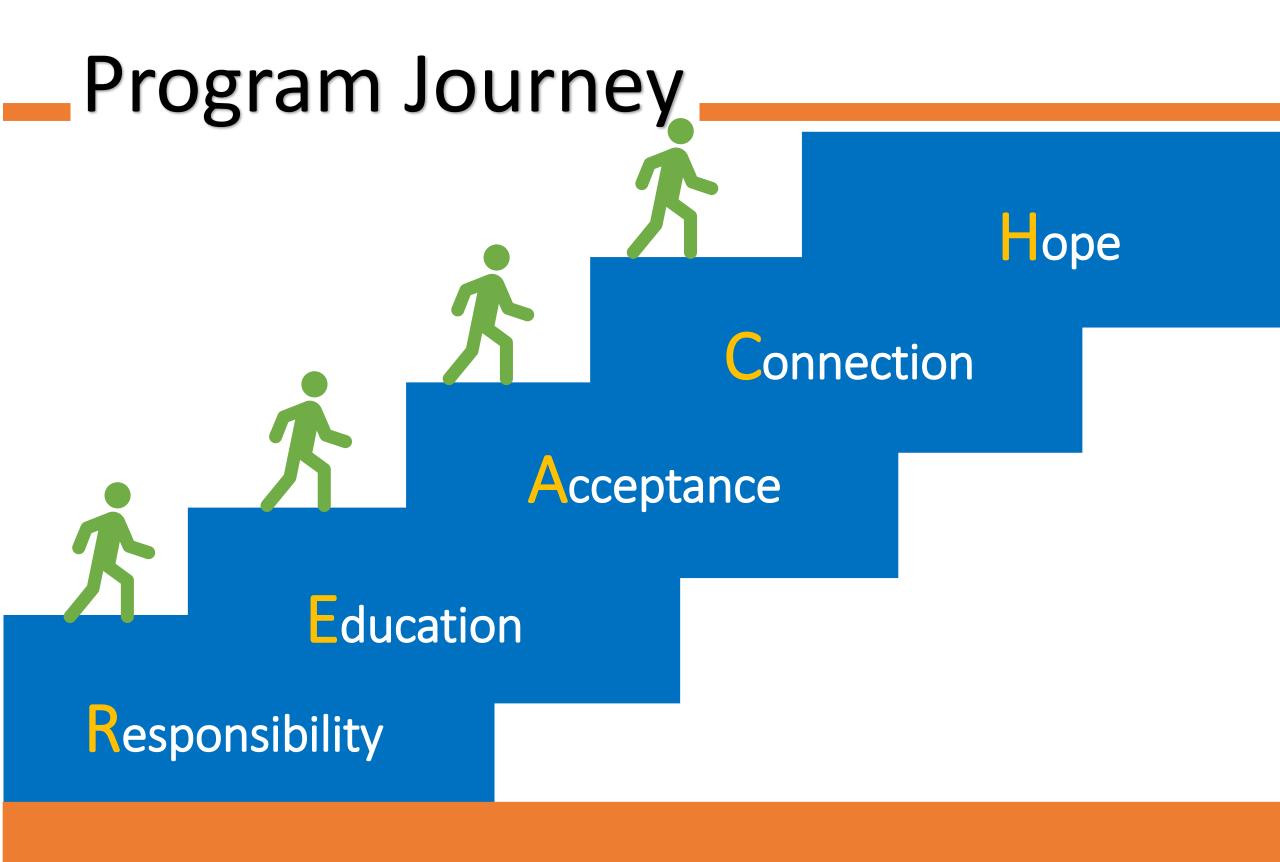
Black Dog

Institute

7 Magic Minutes For Today, authored by Dr Howpage (Price: \$29.90 each or \$55/- combo)

The program includes Mindfulness Skills techniques Practiced during the session.

For more information: T: 02 8883 1173 | 02 9871 7777 E: norwest@mindconnectionsshs.com.au carlingford@mindconnectionsshs.com.au The road to freedom in life only takes 7 minutes of silence



Topics covered in the program

- Fostering Strengths
- Dealing with Loss & Grief
- Identifying early warning signs & triggers of illness

Nurturing wellbeing & support networks

Creating a unique 'Wellbeing Plan'.

