



# R.E.A.C.H Wellbeing Group

Everyone deserves a peace of mind!

## Who is this program for?

**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.

### 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 & 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:

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**Black Dog**  
Institute

# Program Journey



## 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'.

