

medicare

**Mental Health Centre
Canberra**

No cost

Light refreshments
will be provided.

Mindfulness and Relaxation Group

This peer-led wellbeing group aims to provide education, information, and a comprehensive introduction to the fundamentals of mindfulness and relaxation. This group will run over 5 weeks.



Gain valuable insights and practical skills to improve wellbeing through a combination of interactive sessions, education, and self-reflection



Understand how to implement mindfulness and relaxation habits into everyday life



Learn from peers about mindfulness and relaxation techniques and habits in an interactive and supportive safe space

**To register your interest in
attending this group, please
email: hello@thinkmh.com.au
or call 1800 595 212**

Canberra Medicare Mental Health Centre,
Shop G7 (Ground Floor), 14 Childers Street
(At the corner of Childers and Allsop Street)
Canberra City ACT 2601.

An assessment with our intake team is required prior to commencing in the group.

We have a harm minimisation framework so please do not consume drugs or alcohol prior to attending group.

1800 595 212
hello@thinkmh.com.au

Canberra Medicare Mental Health Centre
ABN 26 653 153 934 | PO Box 260 Deakin West 2600

phn
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An Australian Government Initiative

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