

medicare

**Mental Health Centre
Canberra**

No cost

Light refreshments
will be provided.
All participants will
receive a workbook
to keep.

Strength in Diversity Thrive away from home.

This 7-week group aims to help individuals who have migrated to Australia to adjust and thrive. Through a combination of education and reflection, you will learn how to identify and develop helpful coping strategies, build your resilience and learn when and where to ask for help. Participants will learn about the following areas:



What is coping?



Helpful coping strategies including self-care, mindfulness and relaxation.



Types of coping: Emotion-focused versus problem-focused coping.
Healthy versus unhealthy coping.



Ways to change your thinking.



What is stress and how does it affect the body?



Increasing self-awareness and challenging negative self-beliefs.



Understanding our emotions and how they might inhibit or enhance our capacity for coping.



Problem solving skills and values and goal setting.

This group runs in the evenings of weekdays during the school term. To register your interest in attending this group, please email: hello@thinkmh.com.au or call 1800 595 212

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

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

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
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phn
ACT
An Australian Government Initiative

**Capital
Health
Network**
Partnering for better health