

medicare

**Mental Health Centre
Canberra**

Strength in Diversity Thrive away from home.

No cost

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

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