

Do you have depression or bipolar disorder?

Are you looking for strategies to manage your illness & wellbeing?

THE REACH WELLBEING GROUP

Might be for you!

BECAUSE EVERYONE DESERVES
PEACE OF MIND

BLACK DOG INSTITUTE



R.E.A.C.H

RESPONSIBILITY . EDUCATION . ACCEPTANCE . CONNECTION . HOPE

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

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

- Capacity to participate in a group setting
- Commitment to attend 9 weekly sessions
- Acceptance of their illness
- Motivation to implement 'wellbeing' strategies

Topics include: fostering strengths, dealing with loss & grief, identifying early warning signs & triggers, nurturing wellbeing & support networks, & creating a unique 'Wellbeing Plan'

Dates: **Thursdays** **3rd May - 28th June (9 weeks)**

Time: **11am to 1pm**

Venue: Lower Mountains Neighbourhood Centre
33 Hope St, Blaxland (next to the library)

Cost: **\$22 for workbook**

Contact: **0412 729 088**
(text or leave a message)
admin@lmnc.org.au

