

Vibrant Women

The program will assist women in dealing with change and meeting the demands of everyday life. We will be sampling different strategies and techniques, increasing awareness on contemporary issues and thinking about ideas from an alternative perspective.

We will explore real possibilities, in a safe, warm and supportive environment working together looking at how we can create healthy opportunities for ourselves, using our shared experiences.

Vibrant Women program will increase awareness of mental health issues women are susceptible to and develop strategies to help deal with such issues as anxiety and depression and assist in maintaining good mental health.

OVERVIEW OF PROGRAM

- This program is designed to enable people to:
- Increase resilience & develop strategies to Integrate smooth changes into our lives
- Make connections with others & developing healthy relationships & community involvement
- Cultivate self confidence and develop emotional health and wellbeing
- Respect and connect with their authentic self

PROGRAM TOPICS

- Addressing change & society pressures
- Healthy brain, body & Relationships
- Addressing Fear, Anxiety, relaxation, self soothing, meditation
- Art therapy/Confident self expression
- Motivation/engagement
- Finding your authentic self
- Getting organized/setting goals
- Making good healthy choices
- Developing confidence/self esteem
- Respect & pamper yourself



Where: Salvation Army, 131 –137 Park St, North Rockhampton

RSVP: 18 July

Cost: \$15.00/session/person

“Fee’s are negotiable. No client is refused a service based on an inability to pay”

5 Sessions on Friday 26 July & 2, 9, 16 & 23 August

Session Times: 9:30am-2:30pm

BOOKING: registrations@centacare.net or Phone 1300 523 985

For more information about the programs facilitated by Centacare Rockhampton

Ph 1300 523 985 or click on the following link

<http://www.centacare.net/events>

[Vibrant Young Women's Program](#)



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