

EMOTIONAL & MENTAL WELLBEING

Course Name/Description	Venue/Time	Cost/Contact
PANDSI Partner's Evening Information Sessions A group session focussing on wellbeing and how to support a partner experiencing post or anti natal depression.	PANDSI Office, 25 Stapylton St, Holder Quarterly dates and times TBA	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI PUMP (Promoting Ultimate Maternal Potential) A group program combining exercise and facilitated support for women affected by post or ante natal depression. Bookings essential.	PANDSI Office, 25 Stapylton St, Holder Kippax Uniting Care Church, Holt Dates and times TBA	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI Weekly Day Support Group This open, weekly group supports women affected by post or ante natal depression.	PANDSI Office, 25 Stapylton St, Holder Wednesdays 10am During school terms	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI Pram Walking Group A scenic walk for those affected by post or ante natal depression, followed by coffee and chat.	Various venues Tuesdays 9.30am During school terms	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
Aurora A life skills program for people whose lives are affected by trauma and patterns of responding that are derailing the life you want to build.	Venue, dates and times TBA	Free Inanna Counselling Centre Ph: 6173 3456
Wellbeing Group A group providing a range of social activities with a focus on women coming together to enjoy and celebrate social diversity. Morning tea and lunch provided. Please ring to enquire before first attendance.	Inanna South Thursdays 10.30am – 2.00pm	Free Inanna Lyn or Karen Ph: 6295 3323
Art Arvos Provides a diverse range of arts and craft ideas and activities. Afternoon tea provided. Please ring to enquire before first attendance.	Inanna South Wednesdays 1.30 – 3.30pm	Free Inanna Kim or Sandra Ph: 6295 3323
Mindfulness Group Focusing on development and management of helpful thought processes around emotions, goals and everyday situations or issues with an emphasis on mental health. Runs during school semesters. By application only. Group closed once semester starts. Please ring to enquire before first attendance.	Inanna South Tuesdays 10am – 12 noon	Free Inanna Cheryl or Karen Ph: 6295 3323

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<p>Anger Management for Women This program is designed for women who wish to explore new and positive strategies for dealing with anger in their lives and relationships. The program brings participants together to discuss issues of mutual concern, specifically anger, hostility and aggression, and assist participants in gaining an understanding of the ideas that restrict the possibility for change.</p>	<p>Relationships Australia, 15 Napier Close, Deakin</p> <p>Mid February Dates and times TBA</p> <p>Bookings essential</p>	<p>\$20 Relationships Australia</p> <p>Ph: 6122 7100 enquiries@car.relationships.com.au</p>
<p>Calvary Therapy Program A structured group program for people with mental health issues that offers recreational/living skills orientation. Participants need to be able to attend groups and to function with minimal supervision. Includes access to Weight Management Clinic.</p>	<p>Calvary Health Care ACT Cnr Belconnen Way and Haydon Dr, Bruce Held each weekday Times TBA</p>	<p>Free</p> <p>Mental Health Services Ph: 6201 6020</p>
<p>GROW Small group weekly meetings providing mutual self help for anyone who has experienced depression, anxiety or other mental or emotional distress.</p>	<p>Venues, dates and times TBA</p>	<p>Free GROW ACT Kristen Ph: 6295 7791 1800 558 268 www.grow.net.au act@grow.net.au</p>
<p>Bungee Program - Recreational and Creative After School Classes Bungee is an inclusive, arts-based resilience program to enhance mental health and well-being in children and young people. We offer creative after school activities such as circus, dance, acting, expressive art, music, drum making, sculpting and jewellery making. The activities are specially tailored to suit children and young people experiencing mental health difficulties. We welcome all participants who would benefit from such activities. Bookings essential.</p>	<p>Belconnen Community Centre Chandler St, Belconnen Mon, Tue, Wed and Thur 4 – 6pm</p> <p>MURA Lanyon Youth Centre Tue and Thur 4 – 6pm</p> <p>Tuggeranong Child and Family Centre Classes for children with anxieties Thursdays 1.30 – 3pm</p> <p>Ongoing, please call for dates</p>	<p>\$30, \$20 concession per term (9 sessions) negotiable</p> <p>Bungee Program</p> <p>Susan Pfanner or Roger Webber Ph: 6264 0232 bungee@bcsact.com.au www.bcsact.com.au</p>
<p>Southside Day to Day Living Program Structured activities for adults with mental health issues. Various free programs include: computing, cooking and writing. Drop - in and individual support sessions also available.</p>	<p>Tuggeranong Southern Cross Club Stadium Cr Athllon Dr and Cowlshaw St, Greenway</p> <p>Dates and time TBA</p>	<p>Free Belconnen Community Services</p> <p>Ph: 6293 3951</p>
<p>Beading with Pip Learn and practice beading techniques in a fun relaxed atmosphere.</p>	<p>Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson</p> <p>Mondays 11am</p>	<p>Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au</p>

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Exercise with Judy Get fit and have fun.	Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson Wednesdays 11am	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Music Workshop A musical experience, learn an instrument and some music.	Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson Mondays 1.30pm	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Art Therapy with Kate This group offers support, skill development, social interaction and an opportunity to have fun.	Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson Wednesdays 2pm	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Art with Harry Learn new skills and have fun.	Rainbow Program H Block Canberra Technology Park, Phillip Ave, Watson Fridays 1.30pm	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Pool Competition Put your name on the signup sheet to enter.	Rainbow Program H Block Canberra Technology Park, Phillip Ave, Watson Fridays 11am	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Discoveries A 9 week program for survivors of child sexual abuse, discussing the impacts now as adults. Participants must commit to the nine week program.	The Canberra Rape Crisis Centre Tuesdays 8 May 4 – 7pm	Free Canberra Rape Crisis Centre Ph: 6247 2525
Art Therapy An eight week group for expressing feelings through art medium.	The Canberra Rape Crisis Centre Tuesdays 21 Feb 11.30am – 2.45pm	Free Canberra Rape Crisis Centre Ph: 6247 2525
Mindfulness Group A six week group, helping you to come into the here and now and putting the past behind you.	The Canberra Rape Crisis Centre Tuesdays 28 Feb 4.30 – 6.30pm	Free Canberra Rape Crisis Centre Ph: 6247 2525
Youth Group An eight week program for 12 – 16year olds, offering support to survivors of sexual abuse.	The Canberra Rape Crisis Centre Thursdays 3 May 4.30 – 6.30pm	Free Canberra Rape Crisis Centre Ph: 6247 2525

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Parent Group Supporting parents who have children who are survivors of child sexual abuse.	The Canberra Rape Crisis Centre Thursdays 3 May 4.30 – 6.30pm	Free Canberra Rape Crisis Centre Ph: 6247 2525

