



# 12 Week EMPOWERMENT Program

Want to learn some new skills? Need help to prepare yourself for independence? Have a disability, and your ready to step out and learn what life has to offer?

Every Friday, for 12 weeks, My Healthy Mind will be running the Empowerment Program. A full day of fun, adventure, fitness, workshops and counselling sessions. This Program has been designed to help clients set and reach new, amazing and achievable goals

This Program will be supervised by the staff from My Healthy Mind - qualified councilors and life coaches - who are experienced in working with people with behavioral issues, disabilities and those who have simply lost their way...

Some workshops will be run by industry specific organisations who are specialists in their fields.

#### Included in the cost:

Meals, Transport to activities, ALL workshops, admission to the gym, social outings, daily counseling sessions, access to disability specific services

#### Costs:

6 week Program \$2160

12 Week Program \$4320

#### Workshops Include:

- Bullying
- Emotional Recognition
- Who am I? Identity Workshop
- Goal Setting
- Conflict Resolution
- Anger Management
- Life Coaching Transformation Workshop
- Self Care (fitness, food and hygiene)
- Resume Building
- Career Goal Workshop
- Health and Fitness
- Social Skills

Plus many more ...

For more information, or to register

Call 1300 376 399