



JACARANDA
CLUBHOUSE

Mental Health Recovery
Including
Wellness Recovery Action Planning
(WRAP)

*A free 8 week workshop for people who experience
mental health challenges*

Presented by Glenda and Howard

Starting 17th February 2015

10am-3pm every Tuesday at Laidley Community Centre
morning tea and lunch provided

Topics include:

- Empowerment
- Importance of Education
- Developing a Wellness Recovery Action plan
- Taking Preventative Action Plan
- Diet Light & Exercise
- Changing negative thoughts to positive ones
- Taking responsibility for wellness
- Stress reduction & relaxation methods
- Building self esteem & self confidence
- Developing & keeping support systems
- Peer listening



**For Registration: Call Jacaranda Clubhouse 32810344 or
Email: info@jacarandaclubhouse.com.au**