

Women's Group

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.

Who is the program for?

This program is designed specifically for women who are diagnosed with mood disorders, anxiety disorders and addictive disorders, and would benefit from support and contact with other women in order to improve their mental health wellbeing.

Program content

- Self care
- Activation and relaxation
- Sleep, exercise and nutrition
- Character strengths
- Mindfulness of emotions
- Values and goal setting
- Change loss and grief
- Inner critic vs self compassion
- Inner coach
- Communication skills
- Forgiveness
- Staying well

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About the program

This program is designed to assist and maintain the mental health and wellbeing of women. By benefiting from the therapeutic effects of social contact and connection to other women in a supportive group setting, participants learn how to communicate more effectively, enhance self esteem and self confidence, adapt to lifestyle changes, develop techniques for stress management and incorporate healthy living into daily life.

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When is it held?

Every Thursday for 12 weeks as detailed below. Morning tea, lunch and afternoon tea is provided.

8:30am - 9:00am Registration and sign in

9:00am - 2:30pm Group program

2:30pm - 3:30pm Facilitated relaxation session

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Currumbin Clinic.

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How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Currumbin Clinic.

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