



R.E.A.C.H

Wellbeing Group

Because everyone deserves a peace of mind

Who is this program for?

Do you have depression or bipolar disorder? Are you looking for strategies to manage your illness & wellbeing? The R.E.A.C.H Wellbeing Group might be for you.

REACH is a eleven-week psycho-educational wellbeing group program for individuals with a mood disorder, run by qualified Black Dog Institute trained Facilitators.

REACH is suitable for individuals over 18, who have lived with a diagnosis of depression or bipolar for at least one year. Eligible participants will also will also need to demonstrate:

- ✓ Capacity to participate in a group setting
- ✓ Commitment to attend 11 weekly sessions
- ✓ Acceptance of their illness
- ✓ Motivation to implement “wellbeing” strategies

Dates: Every fortnight (Saturday)

Time: 1:00pm- 3pm

Facilitators: Mr Robert Craig (Psychologist) & Dr Jaspreet Singh (Psychiatrist)

Price: \$300 Administration fee (Inc. price of workbook from Black Dog Institute, printing and refreshments). Sessions are bulk billed.

Venue: Mind Connections, Level 1 Suite 115, 10 Norbrik Drive, Bella Vista NSW 2153

For more information on this program please contact Mind Connections on:

P: 02 8883 1173

E: norwest@mentalhealthspecialists.com.au

CALL US FOR PROGRAM DATES!



Black Dog Institute

mind
Connections
Specialist Health Services



Program Journey



Responsibility

Education

Acceptance

Connection

Hope

What topics are covered in the program?

- Fostering Strengths
- Dealing with Loss & Grief
- Identifying early warning signs & triggers
- Nurturing wellbeing & support networks
- Creating a unique 'Wellbeing Plan'.

