



**No cost**

Light refreshments  
will be provided.

# Healthy coping group

**Learn more adaptive, healthy ways  
to manage the stress in your life.**

Through a combination of education and reflection, you will learn how to identify different types of coping and develop helpful coping strategies, including ways to change your thinking, develop your problem-solving skills and improve your self-care.



Learn what coping is and how to identify different types of coping.



Understand what stress is and how it affects the body.



Understand how emotions might inhibit or enhance our capacity for coping.



Learn helpful coping strategies.

**To register your interest in attending this group, please email:  
[hello@thinkmh.com.au](mailto:hello@thinkmh.com.au) or call 1800 595 212**

Canberra Head to Health, Shop G7 (Ground Floor), 14 Childers Street, Canberra City ACT 2601.

We have a harm minimisation framework so please do not consume drugs or alcohol prior to attending group.

**1800 595 212**  
[hello@thinkmh.com.au](mailto:hello@thinkmh.com.au)

Think Mental Health Pty Ltd  
ABN 26 653 153 934 | PO Box 260 Deakin West 2600