

Healthy Coping Group

No cost

Light refreshments
will be provided.

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

In this 6-week group, you will learn how to identify different types of coping and develop helpful coping strategies through a combination of education and reflection. This includes 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.

This group runs in the evenings of weekdays during the school term.

To register your interest in attending this group, please email:

hello@thinkmh.com.au or call 1800 595 212

Canberra Head to Health, Unit G11 (Ground Floor), 14 Childers Street, Canberra City ACT 2601.

An assessment with our intake team is required prior to commencing in the group.

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

1800 595 212

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Think Mental Health Pty Ltd

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