

**No cost**

Light refreshments  
will be provided.  
All participants will receive  
a workbook to keep.

# Strength in Diversity Thrive away from home.

This 7-week group aims to help individuals who have migrated to Australia to adjust and thrive. Through a combination of education and reflection, you will learn how to identify and develop helpful coping strategies, build your resilience and learn when and where to ask for help. Participants will learn about the following areas:



What is coping?



Helpful coping strategies  
including self-care,  
mindfulness and relaxation.



Types of coping: Emotion-focused  
versus problem-focused coping.  
Healthy versus unhealthy coping.



Ways to change your thinking.



What is stress and how does  
it affect the body?



Increasing self-awareness  
and challenging negative  
self-beliefs.



Understanding our emotions and  
how they might inhibit or enhance  
our capacity for coping.



Problem solving skills and  
values and goal setting.

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

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

Canberra Head to Health, Unit 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