

Mental Health Groups



Term 3 2022 timetable

	Mon 11 th July	Tues 12 th July	Wed 13 th July	Thurs 14 th July	Fri 15 th July
10am – 12pm	DBT Skills*		Creative session		
1-3pm	Relaxation – starts at 1.30pm	Healthy Minds*			
6.30-8.30pm	Support sessions for individuals (SMART recovery model)		Support sessions for families/carers (SMART recovery model)		
	Mon 18 th July	Tues 19 th July	Wed 20 th July	Thurs 21 st July	Fri 22 nd July
10am – 12pm	DBT Skills*				
1-3pm	Relaxation – starts at 1.30pm	Healthy Minds*			
6.30-8.30pm	Support sessions for individuals (SMART recovery model)		Support sessions for families/carers (SMART recovery model)		
	Mon 25 th July	Tues 26 th July	Wed 27 th July	Thurs 28 th July	Fri 29 th July
10am – 12pm	DBT Skills*		Creative session		
1-3pm	Relaxation – starts at 1.30pm	Healthy Minds*			
6.30-8.30pm	Support sessions for individuals (SMART recovery model)		Support sessions for families/carers (SMART recovery model)		
	Mon 1 st Aug	Tues 2 nd Aug	Wed 3 rd Aug	Thurs 4 th Aug	Fri 5 th Aug
10am – 12pm	DBT Skills*				
1-3pm	Relaxation – starts at 1.30pm	Healthy Minds*			
6.30-8.30pm	Support sessions for individuals (SMART recovery model)		Support sessions for families/carers (SMART recovery model)		
	Mon 8 th Aug	Tues 9 th Aug	Wed 10 th Aug	Thurs 11 th Aug	Fri 12 th Aug
10am – 12pm	DBT Skills*		Creative session		
1-3pm	Relaxation – starts at 1.30pm	Healthy Minds*			
6.30-8.30pm	Support sessions for individuals (SMART recovery model)		Support sessions for families/carers (SMART recovery model)		

	Mon 15 th Aug	Tues 16 th Aug	Wed 17 th Aug	Thurs 18 th	Fri 19 th Aug
10am – 12pm	DBT Skills*				
1-3pm	Relaxation – starts at 1.30pm	Healthy Minds*			
6.30-8.30pm	Support sessions for individuals (SMART recovery model)		Support sessions for families/carers (SMART recovery model)		

	Mon 22 nd Aug	Tues 23 rd Aug	Wed 24 th Aug	Thurs 25 th	Fri 26 th Aug
10am – 12pm	DBT Skills*		Creative session		
1-3pm	Relaxation – starts at 1.30pm	Healthy Minds*			
6.30-8.30pm	Support sessions for individuals (SMART recovery model)		Support sessions for families/carers (SMART recovery model)		

	Mon 29 th Aug	Tues 30 th Aug	Wed 31 st Aug	Thurs 1 st Sept	Fri 2 nd Sept
10am – 12pm	DBT Skills*				
1-3pm	Relaxation – starts at 1.30pm	Healthy Minds*			
6.30-8.30pm	Support sessions for individuals (SMART recovery model)		Support sessions for families/carers (SMART recovery model)		

	Mon 5 th Sept	Tues 6 th Sept	Wed 7 th Sept	Thurs 8 th Sept	Fri 9 th Sept
10am – 12pm			Creative session		
1-3pm	Relaxation – starts at 1.30pm				
6.30-8.30pm	Support sessions for individuals (SMART recovery model)		Support sessions for families/carers (SMART recovery model)		

	Mon 12 th Sept	Tues 13 th Sept	Wed 14 th Sept	Thurs 15 th Sept	Fri 16 th Sept
10am – 12pm					
1-3pm	Relaxation – starts at 1.30pm				
6.30-8.30pm	Support sessions for individuals (SMART recovery model)		Support sessions for families/carers (SMART recovery model)		

For details of sessions and to book in, please scan the QR code or

contact Tanika on 0491 093 965 or Maddison on 0491 085 649

For more information on SMART recovery model visit: www.smartrecoveryaustralia.com.au

* Closed groups: Need to attend all sessions - contact for more details.

