



Mental Health Groups – Term 1 of 2024 Timetable

Group Summaries:

Cooinda Creative – Fortnightly:

Learn to express yourself through creative writing, drawing and crafts. Each session will have a different focus over the 6-weeks.

Creative Play Space:

Creative Play Space focuses on writing, art, and storytelling in a safe and supportive environment. If you enjoy painting and drawing, writing, and storytelling, and are looking to socialise with friendly like-minded individuals, this group is perfect for you.

Open to all people 55 years and above.

Tuning into Kids:

This is a closed 6-week program which aims to help your child develop emotional intelligence. The program teaches parents and carers skills in emotion coaching – a way of responding to emotions that can help children understand, regulate and work through their emotions so that they manage their behaviours and respond in socially appropriate ways.

Sebas Creative Session – Fortnightly:

No need to register, come and participate in some creative fun. Previously we have done colouring in, painting, Christmas crafts etc. However, what you do is up to you.

Relaxation:

Take half an hour out of your day to calm your busy mind. Our relaxation classes are designed to help you relax your body and mind. You will be guided to calm your nervous system and supported to slow down.

These classes are offered in a safe and comfortable setting.

Dialectic Behavioural Therapy (DBT)

Skills:

A closed 9-week program which aims to teach you skills to help manage your behaviour and emotion, take on day-to-day life and help you understand why you struggle with the things you do.

Over the 9 weeks you will focus on skills based on mindfulness, distress tolerance, emotional regulation, and effective communication.



For details of sessions and to book in, you can:

- Scan the QR code or
- Contact Ruby on 0490 798 159
- Contact Shaun on 0493 689 390

Email at cooindagroups@bchc.org.au

Monday	Tuesday	Wednesday	Thursday	Friday
29th January	30th January	31st January	1st February	2nd February
		<p>*DBT Skills Wk 1: 10am-12pm 10 Learmonth Rd, Wendouree</p> <p>Creative Sessions: 10am-11.30am 260 Vickers St, Sebastopol</p> <p>Relaxation Group: 1.30pm-2.30pm 10 Learmonth Rd, Wendouree</p>		
5th February	6th February	7th February	8th February	9th February
		<p>*DBT Skills Wk 2: 10am-12pm 10 Learmonth Rd, Wendouree</p> <p>Relaxation Group: 1.30pm-2.30pm 10 Learmonth Rd, Wendouree</p>	<p>Creative Coinda Wk 1: 10am-12pm 10 Learmonth Rd, Wendouree</p>	
12th February	13th February	14th February	15th February	16th February
		<p>*DBT Skills Wk 3: 10am-12pm 10 Learmonth Rd, Wendouree</p> <p>Creative Sessions: 10am-11.30am 260 Vickers St, Sebastopol</p> <p>Relaxation Group: 1.30pm-2.30pm 10 Learmonth Rd, Wendouree</p>		

19th February	20th February	21st February	22nd February	23rd February
		<p>*DBT Skills Wk 4: 10am-12pm 10 Learmonth Rd, Wendouree</p> <p>Relaxation Group: 1.30pm-2.30pm 10 Learmonth Rd, Wendouree</p>	<p>Creative Coinda Wk 2: 10am-12pm 10 Learmonth Rd, Wendouree</p>	
26th February	27th February	28th February	29th February	1st March
		<p>*DBT Skills Wk 5: 10am-12pm 10 Learmonth Rd, Wendouree</p> <p>Creative Sessions: 10am-11.30am 260 Vickers St, Sebastopol</p> <p>Relaxation Group: 1.30pm-2.30pm 10 Learmonth Rd, Wendouree</p>		
4th March	5th March	6th March	7th March	8th March
		<p>*DBT Skills Wk 6: 10am-12pm 10 Learmonth Rd, Wendouree</p> <p>Relaxation Group: 1.30pm-2.30pm 10 Learmonth Rd, Wendouree</p>	<p>Creative Coinda Wk 3: 10am-12pm 10 Learmonth Rd, Wendouree</p>	
11th March	12th March	13th March	14th March	15th March
<p>Labour Day Public Holiday</p>		<p>*DBT Skills Wk 7: 10am-12pm 10 Learmonth Rd, Wendouree</p> <p>Creative Sessions: 10am-11.30am 260 Vickers St, Sebastopol</p> <p>Relaxation Group: 1.30pm-2.30pm 10 Learmonth Rd, Wendouree</p>		

18th March	19th March	20th March	21st March	22nd March
		<p>*DBT Skills Wk 8: 10am-12pm 10 Learmonth Rd, Wendouree</p> <p>Relaxation Group: 1.30pm-2.30pm 10 Learmonth Rd, Wendouree</p>	<p>Creative Coinda Wk 4: 10am-12pm 10 Learmonth Rd, Wendouree</p>	
25th March	26th March	27th March	28th March	29th March
		<p>*DBT Skills Wk 9: 10am-12pm 10 Learmonth Rd, Wendouree</p> <p>Creative Sessions: 10am-11.30am 260 Vickers St, Sebastopol</p> <p>Relaxation Group: 1.30pm-2.30pm 10 Learmonth Rd, Wendouree</p>		<p>Good Friday Public Holiday</p>
1st April	2nd April	3rd April	4th April	5th April
			<p>Creative Coinda Wk 5: 10am-12pm 10 Learmonth Rd, Wendouree</p>	
8th April	9th April	10th April	11th April	12th April
		<p>Creative Sessions: 10am-11.30am 260 Vickers St, Sebastopol</p>		
15th April	16th April	17th April	18th April	19th April
			<p>Creative Coinda Wk 6: 10am-12pm 10 Learmonth Rd, Wendouree</p>	