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# My Way to Wellbeing Group

Learn healthy ways to manage life's challenges and cope with sadness, worry and anxiety.

My Way to Wellbeing is a free six-week group program that aims to empower participants with evidence-based strategies that support mental health and enrich their wellbeing. Facilitated by mental health professionals, the group is a safe space for members to learn and practice together, helping individuals to find and implement what works for them.

These groups aim to build participant's understanding of:

- What depression is and ways to manage depressive feelings
- What anxiety is and ways to manage anxious feelings
- Mental health and mental illness
- How our emotions and communication styles can impact on our relationships with others

## May - June 2026 Program

<b>Date</b>	Fridays May 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> , and June 5 <sup>th</sup>
<b>Time</b>	10.00am-12.00pm
<b>Location</b>	Online via Zoom

Free for adults living, working or studying in Kingston and Cardinia

Find out more or to register

Call 1800 639 523 or email [group.programs@betterplace.com.au](mailto:group.programs@betterplace.com.au)

[betterplaceaustralia.com.au](https://betterplaceaustralia.com.au)

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