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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

Term 4 2025 Program

Date	5 th , 12 th , 19 th , 26 th November, 3 rd , and 17 th December
Time	10.00am - 12.00pm
Location	Online via Zoom

**Free for adults living,
working or studying in
South East Melbourne**

Find out more or to register

Call **1800 639 523** or email
group.programs@betterplace.com.au

betterplaceaustralia.com.au

This group is supported by funding from South Eastern Melbourne Primary Health Network