



Simple Strategies for Big Feelings Group

This is a small group that explores strategies to help manage our big feelings for young people aged 14-18.

Informed by DBT, we explore strategies to build our mindfulness and self-awareness, manage our distress, work on regulating our emotions and build better relationships.

This is a 10 week program running for 2 hours with a 10 minute break.

Medicare card and mental health care plan required.

This group will be held online via Zoom on Wednesday afternoons between 5-7pm (AEST).

Group Dates:
4th, 11th, 18th, 25th May 2022
1st, 8th, 15th, 22nd, 29th June 2022
6th July 2022

If you are interested, please RSVP by calling the office on 02 9393 9800 or by sending an email to headspace.castlehill@flourishaustralia.org.au to confirm your attendance.



www.headspace.org.au/castlehill