

Getting to Grips with Distress



Are you trying to deal with upsetting situations and sometimes have difficulty handling your emotions?

This four week group aims to help women:

- Learn techniques for acceptance
- Develop skills to deal with life's ups and downs
- Learn to let emotions come and go



Thursdays 27 April—18 May 2017 (4 weeks)

10.30am-12.30pm

55 Thornley Street Leichhardt

Cost: \$40 (concession \$20)

Payment is required on booking

**Fees negotiable if difficult to pay*



lwchc



@lwchc www.lwchc.org.au



**Leichhardt Women's
COMMUNITY HEALTH CENTRE**

LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011

or email info@lwchc.org.au

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