

# LIFE BALANCE AND WELLBEING

## 5 WEEK GROUP PROGRAM



### Dates:

16th March 2020

23rd March 2020

• 30th March 2020

6th April 2020

20th April 2020

**7.00PM—8.00PM**

Each week will cover a  
different topic. Check our  
Facebook page for updates.

### WHERE:

**Psychology  
On Parade**

**104 Douglas Pde  
Williamstown**

### FEE:

**\$50.00 per  
session**

### PRESENTED BY

**Diyani de Silva**

### KEY TOPICS

- ♦ **S.M.A.R.T Goal setting**
- ♦ **The importance of daily routine  
- especially when stressed**
- ♦ **Improving sleep hygiene**
- ♦ **Strategies to maintain a healthy  
diet with a busy schedule**
- ♦ **Stress management strategies**
- ♦ **Exercise and mental health**

Diyani is an experienced psychologist who is passionate about individual and groups programmes. She works to ensure that each group is an inclusive and collaborative process for all clients and that therapeutic and personal goals are achieved.

**A Medicare rebate may be available through the group MHCP referral from your Doctor. Medicare Item Number 80120 (approximately \$22 per session)**  
**\*Eligibility criteria can vary. Call us for further information.**