

Brisbane MIND group therapy services January to July 2018

Brisbane North PHN has identified a gap in the availability of group therapy services for Brisbane MIND clients. To address this need, the PHN has approved a number of current Brisbane MIND providers to deliver these services within the current Brisbane MIND program.

Any client referred to Brisbane MIND will be eligible to attend both individual and group therapy services.

Clients are able to participate in any of the available group therapy services, irrespective of which psychologist they have been referred to for their one-on-one therapeutical services.

Clients will need to have their GP or treating psychologist advise the PHN that the client would like to begin participating in these additional services. This is done by completing a [GP Referral for Additional Sessions](#) (notating selected group) or [FORM 3 Brisbane MIND AHP Referral to Group Therapy Program](#).

A listing of available group therapy services has been outlined below. If you would like more information about these services, please contact the provider directly.

Brisbane MIND Group therapy enquires can be directed to brisbanemind@brisbanenorthphn.org.au or 07 3490 3426

Services are arranged by local council area:

- [Brisbane \(north\)](#)
- [Moreton Bay](#)

Brisbane (north)

Overcoming Mental Health Problems (10 Weekly Sessions)

[Brisbane ACT Centre](#) Milton

Suitable for young adults (18 to 28) with anxiety and depression.

Helping young adults understanding predisposing, precipitating, perpetuating and protective factors that influence mental health problems.

All enquiries to Tunteeya Yamaoka Ph: 3193 1072

Group start date: Commencing Jan 2018

New Mumma's Group (10 Sessions)

[Counselling and Wellbeing Centre Brisbane](#) Woolloongabba

Suitable for new mothers at risk of Post Natal Depression.

The New Mumma's group is a 10 week course focusing on making the experience of motherhood fulfilling and enjoyable and minimising the risk of Post Natal Depression.

The program aims to help new mothers overcome psychological hurdles while promoting the emotional wellbeing of both mother and baby, it also provides new mums the opportunity to meet other woman who are having experiences similar to them.

All enquiries to Christine Bagley-Jones Ph: 3891 2273

Group start date: Commencing 24 Jan 2018

Wise Choices (10 Weekly Sessions)

[Footprints](#) West End

People aged 18-65 years who experience mental health challenges particularly those borderline personality disorder.

The Wise Choices Group Program was developed to address the treatment needs of people with symptoms of Borderline Personality Disorder, however is suitable for a broad range of presenting problems. Wise Choices uses acceptance and mindfulness processes, along with commitment and behavior change processes, to produce psychological flexibility.

All enquiries to Yasmin Ahlstedt Footprints Ph: 3252 3488

Group start date: Commencing 17 Jan 2018

DBT – Interpersonal Effectiveness Module (10 Weekly Sessions)

[Footprints](#) West End

People aged 18-65 years who experience mental health challenges particularly those borderline personality disorder.

These workshops are based on Marsha Linehan's Dialectical Behaviour Therapy (DBT) stand-alone skill groups. The overall goal of DBT skills training is to help individuals change behavioural, emotional, thinking and interpersonal patterns associated with problems in living. DBT Life skills group modules include Mindfulness, Interpersonal Effectiveness, Distress Tolerance and Emotional Regulation.

All enquiries to Yasmin Ahlstedt Footprints Ph: 3252 3488

Group start date: Commencing 18 Apr 2018

Managing Anxiety, Depression and Adjustment (6 Weekly Sessions)

[Good Counsel International Psychologist](#) Aspley

Culturally and Linguistically Diverse (CALD) clients.

Program will start with psycho-education on anxiety and depression (causes, signs and symptoms, etc.). This will be followed by a CBT self-management approach, targeting habits of thinking: how we feel and behave, goal setting and problem solving. All this within a cultural framework, which takes into account clients' cultural diversity. Relaxation exercises, mindfulness, physical exercises will be an integral part of the program.

All enquiries to Rossana Wullems Ph: 0401 496 960

Group start date: Commencing 13 Feb 2018

Emotion Modulation Therapy (10 Weekly Sessions)

[KC Psych | Striving to improve the quality of life](#) Nundah, Strathpine and Spring Hill

Suitable for adults experiencing depression, anxiety and personality disorders.

EMT is a psychotherapy aimed to help individuals to improve their ability to cope with problems in life and reduce the level of discomfort in approaching everyday challenges. It can be used to treat a wide range of disorders, including depression, anxiety and personality disorders.

All enquiries to Kristie Clarke Ph: 3256 6320

Group start date:

Nundah commencing 1 Feb 2018, 19 Apr 2018

Strathpine commencing 5 Feb 2018, 16 Apr 2018

Spring Hill commencing 31 Jan 2018, 18 Apr 2018

Relaxation, Meditation and Mindfulness (6 Weekly Sessions)

[KC Psych | Striving to improve the quality of life](#) Nundah, Strathpine

Suitable for clients who suffer from a mood or anxiety disorder, personality disorder, chronic pain or injury.

The group program will include a range of relaxation, meditation and mindfulness techniques with the aim of better managing emotional distress, anxiety, chronic pain and depression. Topics include breathing techniques, grounding techniques, mindfulness, meditation, guided imagery relaxation and progressive muscle relaxation. This program aims to reduce emotional, cognitive and physiological distress and improve emotional wellbeing.

All enquiries to Kristie Clarke Ph: 3256 6320

Group start date:

Nundah commencing 12 Feb 2018, 14 Feb 2018 (Evening), 16 Apr 2018, 18 Apr 2018 (Evening)

Strathpine commencing 26 Feb 2018, 16 Apr 2018

DBT Introductory Group (10 Weekly Sessions)

[KC Psych | Striving to improve the quality of life](#) Nundah

The group is suitable for clients experiencing chronic depression, anxiety, emotional regulation or interpersonal problems. **This group is not suitable for clients with a formal diagnosis of BPD if they are engaging in active self-harm, experiencing chronic suicidal ideation or been discharged from psychiatric inpatient care in the past three months.** A comprehensive DBT program should be considered in these cases.

The group program will follow the DBT primer (introductory group) training manual by The DBT Institute (AUST). Five core skill modules will be taught including Dialectics and Validation, Mindfulness, Distress Tolerance, Interpersonal Effectiveness and Emotion Regulation.

All enquiries to Dr Angela Hain Ph: 3256 6320

Group start date: Commencing 29 Jan 2018 and 16 Apr 2018

Displaced and forced migration (8 Weekly Sessions)

[Lody Levy Counselling \(World Wellness Group\)](#) Stones Corner

Suitable for adult refugees and CALD adults who present with anxiety, depression, physical pain, unresolved grief, etc as a result of displacement and forced migration from their own countries.

To provide an emotionally safe group environment so that clients are able to explore issues of displacement and migration with others who have had similar experiences.

To enable clients to share their different cultural backgrounds with other group members in order to strengthen their cultural identity and sense of self.

All enquiries to Lody Levy Ph: 3333 2100

Group start date : Open for registration, commencing Feb 2018

Positive Health and Emotional Wellbeing for Men (8 Fortnightly Sessions)

[Welcome to Providence House](#) Spring Hill

Men who are experiencing mild to moderate mental health concerns, and social isolation

Program focuses on providing education and support to enable participants to develop behaviours and motivation to enhance Positive Health and Emotional Wellbeing in a supportive environment that acknowledges and supports the specific needs of men

All enquiries to Christina Hully Ph 3831 3936

Group start date: Commencing 12 Apr 2018

Positive Health and Emotional Wellbeing for Adults Under 30 (8 Fortnightly Sessions)

[Welcome to Providence House](#) Spring Hill

Suitable for adults between 18 and 30 experiencing anxiety, depression or social isolation.

The aim of this group is to provide a safe and warm group environment for younger adults to explore and develop their own understanding of positive psychology, including the biopsychosocial model; the healthy body; the healthy mind; and healthy relationships, as well as the stressors of life including leisure and occupation

All enquiries to Christina Hully Ph 3831 3936

Group start date: Commencing 23 May 2018

Positive Health and Emotional Wellbeing (8 Fortnightly Sessions)

[Welcome to Providence House](#) Spring Hill

Suitable for adults experiencing mild to moderate mental health concerns

Program focuses on providing education and support to enable participants to develop behaviours and motivation to enhance Positive Health and Emotional Wellbeing

All enquiries to Christina Hully Ph 3831 3936

Group start date: Commencing 16 Apr 2018

Parenting: Developing Meaningful Relationships (8 Fortnightly Sessions)

[Welcome to Providence House](#) Spring Hill

Program focuses offers an opportunity to learn about the neuropsychology of parenting, the importance of attachment and developing meaningful relationships and positive behaviour management techniques. The program will be adapted to suite the specific needs of the group members depending on the developmental stages of the children.

All enquiries to Christina Hully Ph 3831 3936

Group start date: Commencing 24 Apr 2018

Family Well Being (6 Weekly Sessions)

[Red Hill Psychology](#) Red Hill

Suitable clients with pre school or school aged children

Building self-compassion and compassion for each other with the many different challenges facing families & the different needs that arise from these. Connecting with what matters most and what we value; building clarity, understanding, respect and workability with win-win strategies, mindfulness, neuropsych & communication skills

All enquiries to Elizabeth Borland Ph: 3369 0609

Group start date: Commencing 9 Feb 2018, 12 Feb 2018, 8 May 2018 and 11 May 2018

Journey Towards Self Compassion and Acceptance (5 Weekly Sessions)

[Takes Care Psychology](#) Toowong

Adults over 21 years of age

We will be discussing concepts of self compassion and acceptance using principles of Acceptance Commitment Therapy and Cognitive Behavioural Therapy. Each session will incorporate a discussion and group activity followed by a form of meditation, mindfulness or relaxation exercise.

All enquiries to Katayoon Haghseresht Ph: 3870 9388

Group start date: Commencing 20 Jan 2018

Journey Towards Self Compassion and Acceptance (Farsi/Persian) (5 Weekly Sessions)

[Takes Care Psychology](#) Toowong

English, Farsi or Persian speaking clients over 21 years of age.

We will be discussing concepts of self compassion and acceptance using principles of Acceptance Commitment Therapy and Cognitive Behavioural Therapy. Each session will incorporate a discussion and group activity followed by a form of meditation, mindfulness or relaxation exercise.

All enquiries to Katayoon Haghseresht Ph: 3870 9388

Group start date: Commencing 20 Jan 2018

Journey Towards Self Compassion and Acceptance II (6 Weekly Sessions)

[Takes Care Psychology](#) Toowong

Clients over 21 years of age.

An advanced group for those who have completed the initial Journey Group Program. The focus of this group will be to identify barriers each participant have towards their journey of self-compassion and acceptance. We will continue to use principles of Acceptance Commitment Therapy and Cognitive Behavioural Therapy. Each session will incorporate a discussion and group activity followed by a form of meditation, mindfulness or relaxation exercise.

All enquiries to Katayoon Haghseresht Ph: 3870 9388

Group start date: Commencing 24 Mar 2018

Journey Towards Self Compassion and Acceptance II (Farsi/Persian) (6 Weekly Sessions)

[Takes Care Psychology](#) Toowong

English, Farsi or Persian speaking clients over 21 years of age.

An advanced group for those who have completed the initial Journey Group Program. The focus of this group will be to identify barriers each participant have towards their journey of self-compassion and acceptance. We will continue to use principles of Acceptance Commitment Therapy and Cognitive Behavioural Therapy. Each session will incorporate a discussion and group activity followed by a form of meditation, mindfulness or relaxation exercise.

All enquiries to Katayoon Haghseresht Ph: 3870 9388

Group start date: Commencing 24 Mar 2018

Mind, Set, Go (6 Weekly Sessions)

[YoungMinds | Health and Development Network](#) Stafford

Suitable for Adolescents aged 13-15

Mind, Set, Go is a group program based on Cognitive Behavioural Therapy principles which aims to encourage the development of resilience and interpersonal skills.

All enquiries to Ros Herriman Ph: 3857 0074

Group start date: Commencing Term 1 2018

Social Fitness (10 Weekly Sessions)

[YoungMinds | Health and Development Network](#) Stafford

Suitable for Adults 18+ with social anxiety, ASD or the very shy.

Based on the principles of CBT, exposure response prevention and ACT. The aim of the program is to enhance knowledge about the development and maintenance of social anxiety and to develop the courage and the skills to approach social situations.

All enquiries to Ros Herriman Ph: 3857 0074

Group start date: Commencing Term 1 2018

Secret Agent Society (9 Weekly Sessions)

[YoungMinds | Health and Development Network](#) Stafford, The Gap, Redcliffe and North Lakes

Suitable for 8-13 years old youth with ASD or social skills problems

Evidence based intervention that uses a suite of games and activities to improve the emotional understanding and social skills of 8-13 year olds with high functioning ASDs and / or social skills problems.

All enquiries to Young Minds Ph: 3857 0074

Group start date: Commencing Term 1 2018

Circle of Security Parenting (6 Weekly Sessions)

[YoungMinds | Health and Development Network](#) Stafford, The Gap, Redcliffe and North Lakes

Suitable for parents of children aged 0-8 years

The program is DVD-based and aims to develop parents' understanding of their children's emotional needs in the interest of improving the parent-child attachment relationship.

All enquiries to Jessica Carroll Ph: 3857 0074

Group start date: Commencing (Term 1) Feb 2018 (Stafford and Redcliffe)

Group start date: Commencing (Term 2) Apr 2018 (Stafford, Redcliffe and The Gap)

ACT for Adolescents (8 Weekly Sessions)

[Child Aware Brisbane](#) Strathpine

Suitable for Children aged 12 years and over

The program will use art, creativity and metaphor to encourage teens to reflect on their values, beliefs, thoughts, emotions and behaviours. We look at the ACT concepts of control and acceptance, mindfulness, understanding struggle thoughts, noticing skills, thought diffusion.

All enquiries to Child Aware Ph 1300914318

Group start date: Commencing 31 Jan 2018 and 2 May 2018

Getting Social (6 Weekly Sessions)

[Child Aware Brisbane](#) Strathpine

Suitable for Children aged 5-12 years old

A Foundation Social Skills Group where children are taught the basics of interacting within a group of others. This groups is a precursor to the standard Social Skills group.

All enquiries to Child Aware Ph 1300914318

Group start date: Commencing 13 Mar 2018

Social Skills (6 Weekly Sessions)

[Child Aware Brisbane](#) Strathpine

Suitable for Children aged 5-7 years old

Through participation in this group, children are taught a range of evidence-based strategies to help develop social skills and further promote resilience, independence and self-esteem.

All enquiries to Child Aware Ph 1300914318

Group start date: Commencing 24 Apr 2018

Social Skills (6 Weekly Sessions)

[Child Aware Brisbane](#) Strathpine

Suitable for Children aged 8-12 years old

Through participation in this group, children are taught a range of evidence-based strategies to help develop social skills and further promote resilience, independence and self-esteem.

All enquiries to Child Aware Ph 1300914318

Group start date: Commencing 17 May 2018

Anxiety Group (6 Weekly Sessions)

[Child Aware Brisbane](#) Strathpine

Suitable for Children aged 8-12 years old

Through participation in this group, children are taught a range of evidence-based strategies to help address the symptoms of anxiety.

All enquiries to Child Aware Ph 1300914318

Group start date: Commencing 5 Feb 2018

Parenting Children with Challenging Behaviours (6 Weekly Sessions)

[Child Aware Brisbane](#) Strathpine

Suitable for parents with children with challenging behaviours

In keeping with the latest evidence-based research, the group has a strong emphasis on neurobiology, which basically means we seek to understand and respond to children's emotions and behaviour (and our own as parents) in light of what we are learning about brain development. Discussion concerning challenging behaviour you might be experiencing with children you care for will be facilitated.

All enquiries to Child Aware Ph 1300914318

Group start date: Commencing 16 Apr 2018

Living with Anxiety and Depression (4 Weekly Sessions)

[Gnadenfrei Counselling and Psychology](#) Caboolture Historical Village

Suitable for clients with long term chronic mental illness including depression and anxiety

All enquiries to Dorothy Green Ph: (07) 3480 5583

Group start date: Commencing 1 Feb 2018

Circle of Security Parenting (8 Weekly Sessions)

[Gnadenfrei Counselling and Psychology](#) Kallangur

Suitable for perinatal parents

Promotes relationship based parenting.

All enquiries to Ruth Strelan Ph: (07) 3480 5583

Group start date: Commencing Feb 2018

Creating lasting friendships (6 Weekly Sessions)

[Gnadenfrei Counselling and Psychology](#) Caboolture Historical Village

Suitable for clients with long term chronic mental illness

All enquiries to Dorothy Green Ph: (07) 3480 5583

Group start date: Commencing 24 Mar 2018

Rejection (10 Weekly Sessions)

[Gnadenfrei Counselling and Psychology](#) Caboolture Historical Village

Suitable for clients with long term chronic mental illness

All enquiries to Dorothy Green Ph: (07) 3480 5583

Group start date: Commencing 1 March 2018

Relaxation, Meditation and Mindfulness (6 Weekly Sessions)

[KC Psych | Striving to improve the quality of life](#) Nundah, Strathpine

Suitable for clients who suffer from a mood or anxiety disorder, personality disorder, chronic pain or injury.

The group program will include a range of relaxation, meditation and mindfulness techniques with the aim of better managing emotional distress, anxiety, chronic pain and depression. Topics include breathing techniques, grounding techniques, mindfulness, meditation, guided imagery relaxation and progressive muscle relaxation. This program aims to reduce emotional, cognitive and physiological distress and improve emotional wellbeing.

All enquiries to Kristie Clarke Ph: 3256 6320

Group start date:

Nundah commencing 12 Feb 2018, 14 Feb 2018 (Evening), 16 Apr 2018, 18 Apr 2018 (Evening)

Strathpine commencing 26 Feb 2018, 16 Apr 2018

Emotion Modulation Therapy (10 Weekly Sessions)

[KC Psych | Striving to improve the quality of life](#) Nundah, Strathpine and Spring Hill

Suitable for adults experiencing depression, anxiety and personality disorders.

EMT is a psychotherapy aimed to help individuals to improve their ability to cope with problems in life and reduce the level of discomfort in approaching everyday challenges. It can be used to treat a wide range of disorders, including depression, anxiety and personality disorders.

All enquiries to Kristie Clarke Ph: 3256 6320

Group start date:

Nundah commencing 1 Feb 2018, 19 Apr 2018

Strathpine commencing 5 Feb 2018, 16 Apr 2018

Spring Hill commencing 31 Jan 2018, 18 Apr 2018

The Shark Cage® (8 Weekly Sessions)

Madonna Cuskelly Psychologist - Sandgate

Adult women who have experience sexual assault or family violence or who have difficulty establishing and maintaining healthy personal relationships.

An evidence based program which takes a human rights approach to empowerment and healing for women who have experience sexual assault of family violence.

All enquiries to Madonna Cuskelly Ph: 0402 284 214 MadonnaCus@gmail.com

Group start date: Commencing Feb 2018

Dialectic Behaviour Therapy for Borderline Personality Disorder: Interpersonal Relationships (12 Weekly Sessions)

[Morayfield Psychology Centre, Morayfield](#)

Suitable for clients with a diagnosis of Borderline Personality Disorder and/or self-harming ideation/risk and/or frequent presentation to the emergency department or other mental health service.

The group program will follow the DBT skill training manual written by Marsha Linehan. Four skill modules will be taught including Mindfulness skill, **Interpersonal Effectiveness** skill, Emotional Regulation skill and Distress Tolerance skill.

All enquiries to Amy Wong Ph: 5495 6668

Group start date : Commencing 23 Jan 2018

Dialectic Behaviour Therapy for Borderline Personality Disorder: Emotional Regulation (12 Weekly Sessions)

[Morayfield Psychology Centre, Morayfield](#)

Suitable for clients with a diagnosis of Borderline Personality Disorder and/or self-harming ideation/risk and/or frequent presentation to the emergency department or other mental health service.

The group program will follow the DBT skill training manual written by Marsha Linehan. Four skill modules will be taught including Mindfulness skill, Interpersonal Effectiveness skill, **Emotional Regulation** skill and Distress Tolerance skill.

All enquiries to Amy Wong Ph: 5495 6668

Group start date : Commencing 24 Apr 2018

Cognitive Processing Therapy for PTSD (12 Weekly Sessions)

[Morayfield Psychology Centre, Morayfield](#)

Clients who experienced trauma(s) including but not limited to childhood trauma, sexual/physical/emotional abuse, grief, and accident.

Cognitive Processing Therapy (CPT) is a cognitive-behavioural treatment which has been proven effective for clients with PTSD. CPT does not involve repeatedly reviewing the details of the trauma(s). CPT is based on a social cognitive theory of PTSD that focuses on how the traumatic event is construed and coped with by a person to regain a sense of mastery and control in client's life.

All enquiries to Amy Wong Ph: 5495 6668

Group start date : Commencing Feb 2018

Self-Compassion Group Therapy (Trauma) Phase One (12 Weekly Sessions)

[Morayfield Psychology Centre, Morayfield](#)

Suitable for adult clients (18+ years of age) with a diagnosis of PTSD and/or a history of trauma.

From an integrative approach combining components of CBT, self-compassion therapy and DBT, the objective of the group is to help clients with trauma histories understand and manage common symptoms of trauma

Disability access available. Close to bus and train stations.

All enquiries to Millie Darvell Ph: 5495 6668

Group start date : Commencing 1 Mar 2018

Self-Compassion Group Therapy (Trauma) Phase Two Advanced (12 Weekly Sessions)

[Morayfield Psychology Centre, Morayfield](#)

Suitable for adult clients (18+ years of age) with a diagnosis of PTSD and/or a history of trauma, *who have already completed a self-compassion group therapy program.*

This group will represent phase two of a self-compassion group therapy program for trauma survivors. The aim of the program is therefore to assist trauma survivors through stages of exposure, relationship building and recovery, with emphasis on approaching their past and current difficulties with self-compassion.

Disability access available. Close to bus and train stations.

All enquiries to Millie Darvell Ph: 5495 6668

Group start date : Commencing 6 Apr 2018

Dealing with distress (6 Weekly Sessions)

[Today's Psychology](#) Brendale

Adult clients in distress including clients at risk of suicide

This program is an introduction to (or reminder of) healthy coping strategies used to help us deal with distress, using some of the core skills used in DBT (Dialectical Behaviour Therapy) i.e. learning self-management through distress tolerance, mindfulness, emotional regulation and interpersonal effectiveness.

All enquiries to Today's Psychology Ph: 3205 4881

Group start date: Commencing 19 Feb 2018 and 20 Feb 2018

Advanced Dealing with distress (10 Weekly Sessions)

[Today's Psychology](#) Brendale

Adult clients in distress including clients at risk of suicide.

This program is an advance group for further healthy coping strategies used to help us deal with distress, using some of the core skills used in DBT (Dialectical Behaviour Therapy) i.e. learning self-management through distress tolerance, mindfulness, emotional regulation and interpersonal effectiveness.

All enquiries to Today's Psychology Ph: 3205 4881

Group start date: Commencing 17 Apr 2018

Overcoming Negative Self Talk (8 Weekly Sessions)

[Today's Psychology](#) Brendale

Adult clients presenting with low self esteem or who are struggling to make positive changes.

All enquiries to Today's Psychology Ph: 3205 4881

Group start date: Commencing Mar 2018

Relaxation and Meditation (6 Weekly Sessions)

[Today's Psychology](#) Brendale

Adult clients seeking relaxation techniques and meditation for managing stress, anxiety, sleep problems.

All enquiries to Today's Psychology Ph: 3205 4881

Group start date: Commencing May 2018

Maximising Memory (6 Weekly Sessions)

[Wesley Mission Queensland](#) Strathpine

Older clients who are concerned about their memory or who would like to learn about memory function and how to minimise risk factors for developing memory impairment.

Individuals with a diagnosis of dementia are not eligible.

The aim of the group is to provide psychoeducation about memory function and memory enhancement strategies and practice.

All enquiries to Wesley Mission: Denzil Hildebrand Ph: 1300 865 301

Group start date: Commencing 4 May 2018 and 8 May 2018

Embracing Mindfulness (6 Weekly Sessions)

[Wesley Mission Queensland](#) Strathpine

Suitable for Clients aged 65 years and over and Aboriginal and Torres Strait Islander clients aged 50 years and over.

Embracing Mindfulness is a six week mindfulness skills training program developed for older people. Mindfulness is a skill that can be easily learnt and can enrich an individual's life through the practice of mindful breathing, engaging the senses, and visualisation exercises. The aim of the program is to equip participants with a range of tools and practices to manage emotional distress.

All enquiries to Wesley Mission: Denzil Hildebrand Ph: 1300 865 301

Group start date: Commencing 6 Feb 2018 and 9 Mar 2018

Life Stories (6 Weekly Sessions)

[Wesley Mission Queensland](#) Strathpine

Suitable for Clients aged 65 years and over and Aboriginal and Torres Strait Islander clients aged 50 years and over.

Life Stories is a narrative based group program for older clients. The aim is to support clients to conduct a life review that is both celebratory and therapeutic. Each participant will have the opportunity to present their Life Story to the group with the assistance of the facilitator.

All enquiries to Wesley Mission: Denzil Hildebrand Ph: 1300 865 301

Group start date: Commencing 20 Mar 2018

Finding Calm in Chaos (4 Weekly Sessions)

[YoungMinds | Health and Development Network](#) Redcliffe

Suitable for parents

The aim of the program is to develop parents' mindfulness skills to assist with staying calm in times of stress and frustration in their parenting role. Alongside mindfulness and other coping skills, the program will also include self-care education/development, stress management techniques, and values identification/goal setting.

All enquiries to Jessica Carroll Ph: 3857 0074

Group start date: Commencing 28 Feb 2018

Resourceful Adolescent Program (RAP_A) (6 Weekly Sessions)

[YoungMinds | Health and Development Network](#) Redcliffe

Suitable for Adolescents aged 11-15

The aim of RAP-A is to help adolescents learn coping strategies that will build resilience. These life skills will equip participants with the means to deal with stress, anxiety and depression that may arise during this period of growth or in the future. The cognitive-behavioural components teach techniques in relaxation and stress management, the relationship between thoughts, feelings and behaviour and problem solving skills. The interpersonal component stresses the importance of promoting harmony, building personal support networks and being able to understand the perspective of others.

All enquiries to Jessica Carroll Ph: 3857 0074

Group start date: Commencing 3 Feb 2018

The Body Project (4 Weekly Sessions)

[YoungMinds | Health and Development Network](#) North Lakes

Suitable for women aged 14-17

The group aims to help young women aged 14-17 years feel better about their bodies. The program has been found to improve body satisfaction, reduce the risk of eating disorders and improve school and social functioning.

All enquiries to Dianne O'Malley Ph: 3857 0074

Group start date: Commencing Term 1 2018

Secret Agent Society (9 Weekly Sessions)

[YoungMinds | Health and Development Network](#) Stafford, The Gap, Redcliffe and North Lakes

Suitable for 8-13 years old youth with ASD or social skills problems

Evidence based intervention that uses a suite of games and activities to improve the emotional understanding and social skills of 8-13 year olds with high functioning ASDs and / or social skills problems.

All enquiries to Young Minds Ph: 3857 0074

Group start date: Commencing Term 1 2018

Drug and Alcohol Treatment program (10 Weekly Sessions)

[YoungMinds | Health and Development Network](#) Redcliffe

Suitable for adults over 18 years old

10 week program for individuals who want to change their drug and alcohol habits.

All enquiries to Tania Mendes Ph: 3857 0074

Group start date: Commencing Term 1 2018

Circle of Security Parenting (6 Weekly Sessions)

[YoungMinds | Health and Development Network](#) Stafford, The Gap, Redcliffe and North Lakes

Suitable for parents of children aged 0-8 years

The program is DVD-based and aims to develop parents' understanding of their children's emotional needs in the interest of improving the parent-child attachment relationship.

All enquiries to Jessica Carroll Ph: 3857 0074

Group start date: Commencing (Term 1) Feb 2018 (Stafford and Redcliffe)

Group start date: Commencing (Term 2) Apr 2018 (Stafford, Redcliffe and The Gap)