

Wellness Services

Positive Life, Positive Mind

Mental Health and Wellness Group



**Mental Health
and Wellbeing**



Social Support

Where

The Positive Life, Positive Mind mental health and wellness group is held in various areas of metro Adelaide (assistance with transport can be arranged).

When

The eight-week program meets weekly, on different days and times, depending on the location.

Cost

Funded through:

/ Commonwealth Home Support Programme, or

/ Home Care Package funds, or

/ our Elevate private services program

Contact us for details.

Our mental health is just as important as our physical health. We offer a range of group programs for older people to support and nurture confidence, wellbeing and social connections.

The Positive Life, Positive Mind eight-week group program covers a range of topics designed to assist you in reducing social isolation and improving your general mental health, including:

- / mindfulness relaxation
- / memory and ageing
- / community connections
- / healthy mind, healthy body
- / and more.

If you are over 65 years of age (or over 50 and identify as Aboriginal or Torres Strait Islander) and would like to improve your mental health and wellness, give our skilled and friendly staff a call to find out more.

Phone: 1300 653 600

Email: mcsclientsupport@helpinghand.org.au

www.helpinghand.org.au



Helping Hand

new aged care