

Self-Care Workshop

Let's talk about YOUR needs!

Do you feel exhausted and running 'behind'?

Are you always tired and don't know why?



Do you find yourself always putting everyone else's needs first?

Do you feel guilty if you take time out to look after yourself?

Do you feel stuck - overwhelmed with too many tasks to do in a day?

This workshop is for YOU!

FOR BOOKINGS OR ENQUIRES

Sign up for your interest on workshop at reception, or call Dagmar on 0438 660 807 or email: info@dagmarmarek.com.au

Thursday, 7-9pm

Where:
Bluff Road Medical Centre, 328 Bluff Road, Sandringham3191

Cost:
AUD 80

Payment is required to secure your booking.

No refunds provided 3 days before the workshop.

Understanding of the basic needs for good mental health

We explore the 5 basic areas in your life to foster good mental health

Blockages and Barriers

We look at what can get in the way to make change

Tools

We give information and material for you to personalise your own template for what and how to implement the desired change in your life

Groups are run by:

Dr Susan Barnett
GP Counsellor, at Bluff Rd Medical Centre &
Dagmar Marek
Counsellor & Family Therapist
DagmarMarek.com.au

Facilitators are highly experienced in Mental Health & Well-being