

HEALTHY AGEING SERVICE

Wellbeing Skills Group Program

What is the Wellbeing Skills Group Program?

A free, online, 6-week group program for older adults aged 65 years or older (or 55 years or older for Indigenous and Torres Strait Islander people) who are experiencing mild-moderate symptoms of anxiety, stress, or low mood (no diagnosis required). Sessions are facilitated by qualified mental health clinicians from the Healthy Ageing Service.

What are the benefits of participating in a Group Program?

Each week, our Healthy Ageing Service clinicians will introduce you to evidence-based psychological skills which you can use to manage your mental health and emotional wellbeing. This format encourages group discussion, peer interaction, and active participation. Participants will learn about skills related to: emotional wellbeing, relaxation, sleep hygiene, mindfulness, and self-compassion. By the end of the group program you will have the skills to create a personalised wellbeing plan that you can utilise throughout your wellbeing journey.

When and Where?

Group sessions run on Thursdays from 10.30am – 11.30am, commencing on 7th April 2022.

Sessions are online. All you need is a device (phone, computer or tablet) that can access the internet. In some circumstances we can offer loan devices. We offer support in getting set-up.

How to contact us:

If you're interested in participating in the online group program, please contact the Healthy Ageing Service via phone or email:

Ph: 03 9231 8443 | Email: HAS@svha.org.au

The Healthy Ageing Service is a free government program to support the mental health and wellbeing of older adults living in the eastern and north eastern region of Melbourne.

