

Empower Rehab & Psychology

Pep Up Group

March - Mood Booster
Fridays at 10:30 am

April - Stress and Worry Management
Fridays at 11 am (online only)

May - Working with Emotions
Fridays at 1pm

June - Mood Booster
Wednesdays at 3pm

July - Stress and Worry Management
Mondays at 1pm

August - Working with Emotions
Wednesdays at 11am

*To register or learn more please contact us on
9459 3344 or info@empowerrehab.com*

Cost
\$22.90 per session/ bulk billed with
active MHCP

48 hrs cancellation notice
required once registered