



Pep Up!

WEEKLY GROUP PSYCHOLOGY SESSIONS VIA TELEHEALTH OR FACE TO FACE FOCUSING ON BUILDING HELPFUL EVERY DAY SKILLS

BRIGHTEN YOUR DAY: SKILLS FOR LOW MOOD

FEBRUARY MONDAYS 1PM

TRANSFORMING SELF-TALK : BUILDING SELF-COMPASSION

MARCH FRIDAYS 10AM

CULTIVATING CALM: SKILLS FOR STRESS AND WORRY

APRIL WEDNESDAY 4:30PM

REST RESET: SKILLS FOR SLEEP

MAY WEDNESDAYS 10:30AM

FEELING YOUR WAY THROUGH: SKILLS FOR EMOTIONS

JUNE TUESDAY 9AM

REGISTER OR LEARN MORE BY CONTACTING US

9459 3344/ RECEPTION@EMPOWERREHAB.COM

COST: \$23.7 PER SESSION UNLIMITED OR BULK BILLED

WITH A VALID MHCP

48 HOURS CANCELLATION NOTICE REQUIRED ONCE REGISTERED TO AVOID FEE. BULK BILLING AVAILABLE

UP TO 10 SESSION PER CALENDAR YEAR

