

Empower Rehab and Psychology

Pep Up Group

Weekly group psychology sessions via telehealth and face-to-face focusing on a range of topics:

April: Managing Stress and Anxiety
Fridays 1pm

May: Shifting Self-talk
Fridays 9am

June: Sleep
Wednesdays 11:30am

July: Mood Booster
Wednesday 3pm

August: Working with Emotions
Friday 1pm

Cost: \$23:70 per session/bulk billed with a MHCP

Register or learn more by contacting us: 9459 3344 or reception@empowerrehab.com

48hrs cancellation notice required once registered to avoid late fee

Keep looking after yourself!