

# Empower Rehab & Psychology

*PeP Up Group*

July- Stress and Anxiety Management  
5th July at 10 am  
19th July at 1 pm  
27th July at 1 pm

August - Emotional Regulation  
Tuesdays at 3pm

September - Stress and Anxiety Management  
Mondays at 2pm

October - Emotional Regulation  
Tuesdays at 2pm

November - Stress and Anxiety Management  
Wednesdays at 1pm

December - Emotional Regulation  
Fridays at 10:30am

*To register or learn more please contact us on  
9459 3344 or [info@empowerrehab.com](mailto:info@empowerrehab.com)*

Cost  
\$22.55 per session/ bulk billed with  
active MHCP

48 hrs cancellation notice  
required once registered