

Empower Rehab &
Psychology

Pep Up Group

July - Stress and Worry Management
Mondays at 1pm

August - Working with Emotions
Wednesdays at 2pm

September - Shifting Self-Talk
Mondays at 10am

October - Mood Booster
Fridays at 3pm

*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
to avoid fee