

Empower Rehab
and Psychology

Pep Up Group 2022

FEBRUARY

Weds 1pm

Sleep management
strategies

MARCH

Thurs 1pm

Mindful self compassion

APRIL

Fri 1pm

Working with emotions

MAY

Thurs 4pm

Stress and worry management
with CBT strategies

JUNE

Fri 1pm

Communication skills

COST

\$22.55 per session/bulk bill if
you have a MHCP for group
psychology sessions

REGISTRATION

REGISTER OR LEARN MORE BY CONTACTING
EMPOWER REHAB ON 9459 3344 OR
INFO@EMPOWERREHAB.COM

48 hrs cancellation
notice required
once registered