BOAB HEALTH & KMHDS PRESENT:

MANAGING EMOTIONS

A free 12-week course to help you cope with distress and learn skills to regulate your emotions

This course is aimed at people who are also engaged with an individual therapist

THURSDAYS 9:30AM-12:00PM
COURSE BEGINS APRIL 2ND AND RUNS FOR 12 CONSECUTIVE WEEKS

LOCATION: THE RECOVERY CENTRE
CRN OF FORREST AND SAVILLE STREETS (NEAR FONGS STORE)

Registration Required!
To join the course or to receive more information, contact Megan Thomas or Carly Roukos from the Mental Health Team at Boab Health on (08) 9192 7888

Boab Health Services