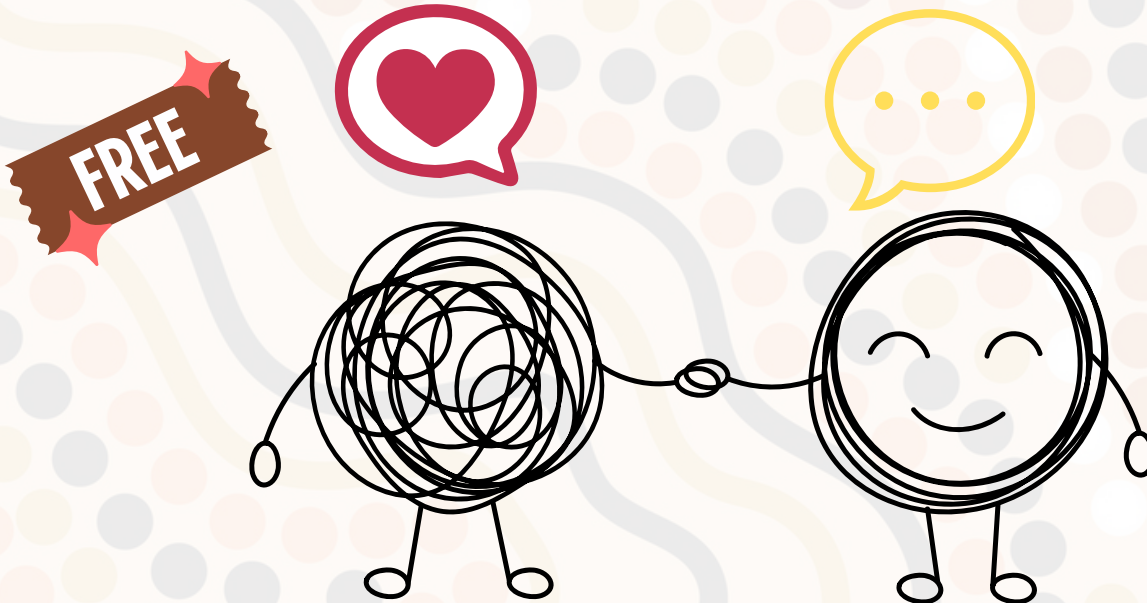


WELL-BEING GROUP



INNER HARMONY CIRCLE



- Week 1 – How to cope with anxiety.
- Week 2 – Improve Self Esteem/Self Compassion.
- Week 3 – Are you feeling sad/low mood?
- Week 4 – Do you have trouble sleeping?
- Week 5 – Is Social Connection Important for you?
- Week 6 – Let's Break Loneliness - Isolation is not an option.
- Week 7 – How to reduce conflict.
- Week 8 – Have you lost motivation?

Details

Where: Centrecare Kalgoorlie, 168 Egan Street


Date: Wednesday 29 April 2026

Time: 10AM – 12PM

Snacks and refreshments will be provided

Registration
is essential

For more information or to register

 (08) 9080 0333

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