

REDISCOVERING A LIFE BEYOND TRAUMA



A path to better health and wellbeing awaits if you are a trauma survivor.

Rediscovering a Life Beyond Trauma provides education and resources to build resilience, mental toughness, self-awareness, self-compassion, focused attention, mindfulness and a positive attitude.

The program of six modules take you on a journey of recovery and change over six months.

Our specialist facilitators and case managers will be there to support and encourage you each week.

The Modules are:

- **Nutrition**
- **Movement**
- **Stress & Self-Regulation**
- **Kindness & Compassion**
- **Positive Relationships & Role Modelling**
- **Finding Passion and Purpose**

The group is informal, optional and you can opt-in at any stage of the program.

With each module, you will begin to notice small positive changes with your physical, mental and emotional wellbeing, and deepen your self-awareness and learn how to develop meaningful, positive relationships.

Eligibility Criteria

Adult women survivors of trauma are eligible for this program.

Book now to reserve your place for the group as it is limited to 15 people. Applications close 7 June 2017.

Fees

The fee for the wonderful program is \$10 per month and includes most entry fees, program materials, health checks, and social events.

When

10am -12pm every Friday 9 June – 24 November

Where

Rediscovering a Life Beyond Trauma is held at Ground Floor, 453 Parramatta Rd, Leichhardt.

For further information please contact Stepping Out on 9550 9398 or complete the contact form on www.steppingout.org.au.

Thank you to Max Employment for their kind and generous support of this program.

Jennifer Hogarth is a Clinical Psychotherapist and mindfulness facilitator with over 10 years corporate experience across HR, coaching, recruitment, project management and client services. Jennifer draws on her passion for mental health and wellbeing to work holistically across a variety of therapeutic approaches.

Jennifer has drawn together a number of specialists to facilitate each of the modules.

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