



ARE YOU DOING LIFE THE  
WAY YOU WANT TO?



INTRODUCING....

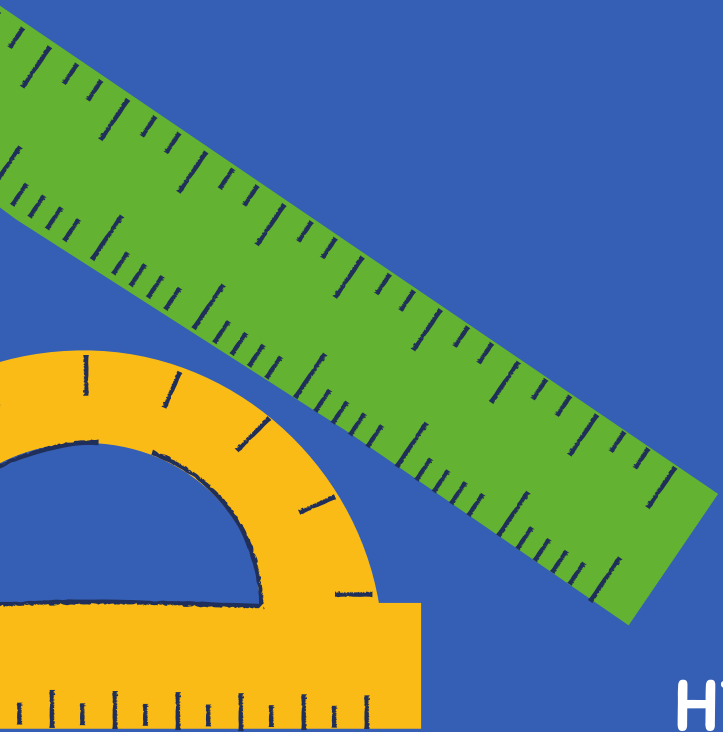
**BEING ME!**



A SIX WEEK GROUP PROGRAM FOCUSING ON  
HELPING YOU LIVE A RICH, FULL AND MEANINGFUL  
LIFE AND GIVING YOU STRATEGIES FOR THE  
DIFFICULT THOUGHTS, FEELINGS AND  
SITUATIONS THAT GET IN THE WAY!

**STARTS 23RD AUGUST  
2022 @2: 30PM**

[HTTPS://OPENACCESS.WEBEX.COM/OPENACCESS/J.PHP?  
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MIDDLE AND SENIOR YEARS STUDENTS ALL  
WELCOME!

Contact Sasha (Psychologist) on  
[sasha.miles@sa.gov.au](mailto:sasha.miles@sa.gov.au) with any  
questions!

