

# BEING ME

## 2.0

### WHATS INVOLVED?

- 5 weeks
- All online
- Taking steps towards your values and goals!
- Strategies for difficult thoughts and feelings
- Meet other OAC students

YEARS

7-9

Starting

15TH NOVEMBER, 2022

Questions to Sasha Miles (Psychologist):  
sasha.miles@sa.gov.au

Register Now

<https://forms.office.com/r/KFXhEtnj4R>

