The Wise Choices program will give you the skills to lead a life of healthy, meaningful relationships with yourself and others. The 10 week acceptance and commitment therapy based program targets people with personality vulnerabilities. The program is delivered by two experienced mental health professionals.

Can you relate to any of these feelings? This program could be for you!

- Frequently upset or angry?
- Often having relationship problems?
- Often acting impulsively or making bad decisions when under stress?
- Struggling to give up self-harm or other forms of self-destructiveness?
- Often feeling empty?
- Unsure of who you are?
- Often feeling like life is not worth living?
- Open to learning new ways of coping?
- Willing to practice new skills in every day life?

When: Thursday 2nd March 2017 - Induction day
Thursday 9th March 2017 - Program commencement day

Time: 10.30am -12.30pm (2 hours per week)

Where: Fluid Learning, 4 Sibley Street, North Lakes, QLD 4509

Who: Eligible North Brisbane PIR participants.

To register your interest, or for further information please contact Sarah on 07 3205 6622 or sarah.clark@neaminational.org.au

Supported by

Neami National
Improving Mental Health and Wellbeing

This project has been made possible through a grant from North Brisbane Partners in Recovery, which is an initiative of the Australian Government.
How to Get There

Driving
Whether you are driving North from Brisbane or South from Caboolture or the Sunshine Coast, take exit 133 to Anzac Avenue off the Bruce Highway.

Heading east on Anzac Ave toward Redcliffe, turn left at McDonalds into Discovery Drive, then at the first round-about, turn left into Memorial Drive and left again into Sibley Street. We are in the large Ko-Work building on the left.

Parking
Parking is free and readily available right outside the Ko-Work building all the way around the venue.

Public Transport
There are a number of public transport options to get to your course, including catching a bus or train and bus connection from Petrie Railway Station or Mango Hill Station. Trains arrive at Petrie and Mango Hill roughly every half an hour. Use the connecting bus route 687 for either station Monday to Friday and get off at Endeavour Bvd at North Lakes Health Precinct, North Lakes. The best way to plan your public transport journey from the TransLink website http://translink.com.au or call 13 12 30.