



# THRIVING

## Build Your Inner Resources and Thrive

Facilitated by skilled therapists and counsellors, topics explored during the Thriving sessions will include:

- Connecting to others
- Nourishing ourselves
- Living our values
- Living with purpose
- Being present

**Thursdays**

**29 May - 26 June 2025**

**10:00am - 11:00am**

**\$65 for 6 sessions**

Information will be provided after registration

All materials provided

**BOOK NOW**

Call: Jane 9856 1500

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