



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 5 sessions

Information will be provided after registration
All materials provided

BOOK NOW

Call: Jane 9856 1500

Email: intake@doncare.org.au

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