



SEE MENTAL HEALTH DIFFERENTLY

ELIZABETH PROGRAMS

AUGUST – OCTOBER 2022

15 Elizabeth way, Elizabeth



www.skylight.org.au/northern

SEE MENTAL HEALTH DIFFERENTLY

15 August – 8th October 2022 Program

Activities at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Northern Cooking for One 10:30am-12:30pm (ongoing)</p> <p>★ 🏠 👤</p>	<p>Northern Bowling 10:00am-12:00pm (ongoing)</p> <p>★ 👤</p>			
<p>Northern Meditation 11:00am-1:00pm (ongoing)</p> <p>★ 🏠 👤</p>	<p>Northern Women's Group 10:00am-12:30pm (ongoing)</p> <p>★ 🏠 👤</p>			
<p>Northern Art Therapy Group 12:30pm-2:00pm (ongoing)</p> <p>★ 👤</p>	<p>Northern Music 1:30pm-4:00pm (ongoing)</p> <p>★ 🏠 👤</p>		<p>Northern Sound Minds 12:30pm-2:00pm (ongoing)</p> <p>★ 👤</p>	
<p>Northern Games Galore 1:30pm-4:00pm (ongoing)</p> <p>★ 🏠 👤</p>	<p>Northern Art 1:30pm-4:00pm (ongoing)</p> <p>★ 🏠 👤</p>		<p>Northern Everyday Wellbeing 2:30pm-4:00pm (ongoing)</p> <p>★ 👤</p>	

LEGEND:

- ★ Activity Programs 🏠 Centre Capital Costs apply
- ★ Therapeutic Services 👤 Non face to face costs apply

ACTIVITY PROGRAMS

What are our Activity Programs?

Skylight's Activity Programs offer participants the opportunity to become engaged within a group and increase community and social participation. Activity Programs provide the opportunity for participants to restore confidence, connection and hope throughout their recovery journey.

The Activity Programs promote wellbeing in a supportive environment where people can build skills, develop friendships, be accepted and connect with the community. Skylight's Activity Programs cater for varying interests, through group activities in the centre and out in the community. Whether that be cooking, socialising, walking, music, or getting out and about in the community by attending our various outings offered.

▶ **Northern Meditation Group**

This group involves different styles of meditation such as mindfulness, breath awareness and progressive body relaxation.

This Meditation group provides you with the opportunity to:

- Experience and learn different styles of meditation
- Increase your health and wellbeing whilst developing coping strategies
- Socialise with others in the group and build friendships.

Group held in the Boardroom on the second floor.



▶ **Northern Women's Group**

This women's group is a welcoming space to come and connect. It provides you the opportunity to:

- Engage in fun activities and games
- Enhance your social skills and increase your community participation
- Focus on self-care and wellbeing

Participants are welcomed and encouraged to make suggestions for what they would like to do within the group.

Group held in the Activity Space on the second floor.



▶ **Northern Cooking Group**

This Cooking group provides you with the opportunity to:

- Enhance your basic cooking skills through learning cooking techniques
- Learn to cook healthy low-cost meals portioned for one
- Develop friendships through socialising with others within the group

The cooking for one group holds 4 participants. Each person completes their own individual prep, cooking and clean up.

Group held in the Training Room.



▶ **Games Galore**

This games group provides you with the opportunity to:

- Build on your social skills in a fun and enjoyable way through games
- Socialise with others in the group and creating friendships
- Learn communication and problem-solving techniques through games played

In this group participants can play an assortment of games or just hang out and chat.

Group held in the Studio on the ground floor.



Northern Art

This art group provides you with the opportunity to:

- Try different art techniques and mediums
- Feel and get creative through the learning of new art skills
- Create new friendships from the interactions with diverse people within the group

You are encouraged to bring your own materials and your ideas can be discussed and explored with an experienced art teacher. Art materials are also supplied for the group session.

Group held in the Activity Space on the second floor.



Northern Music Group

This Music Group creates an opportunity to:

- Collaborate with others and get creative with musical instruments, sounds and songs
- Develop friendships within the group, enhancing your community participation
- Feel accepted and connected within the music community

You can bring your own instrument or we can provide some for the group. You don't have to play an instrument, you can come in to sing along with the music.

The group is held in the Studio on the Ground Floor.



Ten Pin Bowling

This bowling group provides you with the opportunity to:

- Develop your bowling skills in a supportive environment
- Socialise with others and create friendships
- Increase your social and community participation

Skylight will pay for the first game; should you wish to play a second game (optional) please bring \$4 with you. Do not forget to bring a pair of socks!

Meet at Elizabeth Bowland at 10am, 11 Winterslow Rd, Edinburgh North.



LEGEND:

-  Activity Programs  Centre Capital Costs apply
 Therapeutic Services  Non face to face costs apply

Contact:

For more info or to register your interest please contact Skylight on (08)8378 4100 or email bookings@skylight.org.au

THERAPEUTIC PROGRAMS

What are our Therapeutic Programs?

Sharing your experiences with and hearing other people's stories, provides many opportunities for growth and healing.

Some of the many benefits of participating in Therapeutic Services include:

- knowing you're not alone
- learning skills and strategies
- being able to help yourself as well as others
- building a sense of belonging and connection
- improving social skills

To find out more about our Therapeutic Programs please give us a call on (08) 8378 4100.

Counselling

Our counsellors offer support to assist individuals to live authentic and fulfilling lives. We listen free of judgments, with compassion, empathy, and respect for you, your values, and worldviews. Referrals are not essential to access Skylight Counselling services. Online and phone counselling are available.

Access with or without an NDIS Plan. For more information, or to register, please email CRT@skylight.org.au or phone the Customer Relations Team on (08) 8378 4100.



1:1 Art Therapy

Art Therapy is a form of psychotherapy which uses creative modalities, including art-making, sounds, and movement to improve and enhance mental and emotional well-being. Our registered Art Therapists will work with you to tailor the process to best meet your needs.

Group sessions are also available.



Art Therapy Group

Art Therapy is a form of psychotherapy that uses creative modalities, including art-making, sounds, and movement to improve and enhance mental and emotional well-being. Our registered Art Therapist facilitates the group and focuses on developing a therapeutic atmosphere where participants can share their experiences in a safe environment.



Sound Minds

This group is a supportive environment for people who hear voices or have other experiences like seeing things other people don't, or having what some might consider 'unusual' beliefs and thoughts. The aim is to provide a safe space for Voice Hearers to share their knowledge and personal experiences in a non-judgmental zone, as well as offering new learning opportunities.



Everyday Wellbeing

Everyday Wellbeing focuses on facilitating personal growth and enhancing understanding of one's self. Our skilled facilitators create a therapeutic space, and together we explore tools and strategies to better understand, and deal with challenging thoughts, feelings, and emotions.



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BOOKINGS

To make a booking, please phone our Bookings Team on (08) 8378 4100. Please note: a minimum of 3 participants are required for all activities to run.

All Skylight groups at Elizabeth are for NDIS participants only and are booked as a Program of Support which consists of 4-week blocks of groups.

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HELP US SHAPE OUR

NORTHERN SERVICES

We want to know what services you want in the North. Please send your feedback and suggestions to us!

**Contact us on:
skylight@skylight.org.au or
call one of our CRT members
on (08) 8378 4100.**

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Register your interest
www.skylight.org.au/northern