



# THERAPEUTIC SERVICES

SEE MENTAL HEALTH DIFFERENTLY



## 2022 Program

Access through your NDIS plan, fee for service, or limited free spots available. To sign up or learn more, visit [www.skylight.org.au](http://www.skylight.org.au) or call us on 8378 4100.

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# THERAPEUTIC SERVICES

## ABOUT THE PROGRAM

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

The curious paradox is that  
when I accept myself as I am,  
then I can change.

- Carl Rogers



## Counselling & Therapy

### **Counselling**

In Skylight Counselling, you and your Counsellor work together on a process of understanding yourself more fully and finding resources toward making constructive change. While we use a variety of frameworks and modalities throughout the process, our practice is always built on person-centred, trauma-informed, and recovery-focused approaches.

Being deeply listened to, with empathy and without judgment, in a safe environment, can be a profoundly healing experience.

### **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.

## Therapeutic Groups

### **Trauma-Sensitive Yoga**

An evidence-based program specifically designed for people living with the effects of Complex Trauma and PTSD. The sessions provide an opportunity to reconnect with your body through gentle movement, with the guidance of a registered Trauma Center Trauma-Sensitive Yoga (TCTSY) facilitator. You do not need any previous experience to join and the program is open to all genders and physical abilities. 1:1 sessions are also available.

**Wayville: Thursdays 5:00PM – 6:00PM**

**Goodwood: Thursdays 11:00AM – 12:00PM**

### **Mental Health Aware Yoga**

A Mental Health Aware Yoga class is about supporting participants who may be experiencing stress, anxiety, depression, feelings of being overwhelmed and trauma. You don't need any previous experience to join and the program is open to all genders and physical abilities. The sessions will be facilitated by Kate, a registered Mental Health Aware Yoga facilitator. Kate shares nourishing yoga flow sequences, gentle movement, restorative practices, meditations, breathing techniques and guided relaxations.

**Christies Beach (Parnangga): Fridays 3:30PM – 4:30PM**

**Wayville: Wednesdays 5:15PM – 6:15PM**

## Therapeutic Groups

### **Art Therapy Group**

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 Therapist facilitates the group and focuses on developing a therapeutic atmosphere where participants can share their experiences in a safe environment.

1:1 sessions are also available.

**Online: Fridays 2:30PM - 4:00PM**

**Christies Beach (Parnangga): Wednesdays 2:00PM - 3:30PM**

**Wayville Group 1: Mondays 10:30AM - 12:00PM**

**Wayville Group 2: Mondays 12:30PM - 2:00PM**

**Salisbury North: Mondays 12:30PM - 2:00PM**

## Therapeutic Groups

### **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.

**Elizabeth:** Thursdays 1:00PM – 2:30PM

**Christies Beach (Parnangga):** Fridays 11:00AM – 12:00PM

**Wayville:** Wednesdays 1:30PM – 2:30PM  
3:00PM – 4:00PM

**Murraylands:** Tuesdays 2:30PM – 4:00PM

### **Everyday Wellbeing**

This group is rooted in principles of Acceptance and Commitment Therapy. It 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.

**New groups coming soon.**

# THERAPEUTIC SERVICES

## HOW TO ACCESS

### ABOUT THE PROGRAM

Therapeutic Services at Skylight Mental Health can be accessed either through an NDIS plan, fee for service, or through the limited free spots available.

When accessing a Therapeutic Group, an expression of interest is required. The group facilitator will then make contact to ensure the group is a good fit for each individual.

To access Counselling Services, please call our Customer Relations Team on (08) 8378 4100 or email [crt@skylight.org.au](mailto:crt@skylight.org.au) to find the right option for you.

### LOCATIONS

#### Wayville:

5 Cooke Tce  
Wayville SA 5034

#### Christies Beach (Parnangga):

64 Elgin Avenue  
Christies Beach SA 5165

#### Salisbury North:

17 Bagster Rd  
Salisbury North SA 5108

#### Fullarton Park:

411 Fullarton Rd  
Fullarton SA 5063

#### Elizabeth:

Room C20, Elizabeth GP+ 16  
Playford Boulevard, Elizabeth  
5112

#### Online:

Groups delivered via Zoom

#### Murraylands:

3/1A McHenry Street  
Murray Bridge 5253

### Submit your Expression of Interest



(08) 8378 4100



[crt@skylight.org.au](mailto:crt@skylight.org.au)



[www.skylight.org.au/therapeutic-services-eoi](http://www.skylight.org.au/therapeutic-services-eoi)



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