



SEE MENTAL HEALTH DIFFERENTLY

ELIZABETH NDIS SERVICES

26 APRIL – 21 JUNE 2022



15 Elizabeth way, Elizabeth

www.skylight.org.au/northern

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2022**

Activities at a Glance

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|-----------|---|--------|
| Northern Meditation 11:00am-1:00pm (ongoing) | Northern Women's Group 10:00am- 12:00pm (ongoing) | | | |
| Art Therapy Group 12:30pm-2:00pm (ongoing) | | | Sound Minds 12:30pm- 2:00pm (ongoing) | |
| Northern Drum Circle 2:00pm-4:00pm (starting 23rd May) | Skylight Connect and Create 1:00pm-3:30pm (ongoing) | | Everyday Wellbeing 2:30pm- 4:00pm (ongoing) | |

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* More activities added as required please see website for up to date activity program

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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.

For more info and to book phone Skylight on 8378 4100

*Open to NDIS participants *Non face to face costs apply.*Centre Capital Costs apply.

Northern Women's Group

Open group for women including art, craft, games, music, and community outings.

- Learn new creative ways to express yourself.
- Engage with others within the group, developing your social participation in a safe environment.
- Enhance your social skills and increase your community participation

For more info and to book phone Skylight on 8378 4100.

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Skylight Connect & Create

We will engage in a variety of activities which may include games, art, music and outings. You are welcome to bring your own craft projects. Skylight Connect and Create provides you the opportunity to:

- Grow your problem-solving skills through the games played
- Learn new ways to express yourself through Art, Craft, and Music
- Engage with others within the group, develop your social participation
- Enhance your social skills and increase your community participation

*Open to NDIS participants *Non face to face costs apply. *Centre Capital Costs apply.

Northern Drum Circle

This group involves the learning and playing of djembe drums. Learn rhythms and play as a group in a fun drum circle.

- Engage with others within the group, developing your social participation in a safe environment.
- Enhance your social skills and increase your community participation.

For more info and to book phone Skylight on 8378 4100

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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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Pop your notes here....



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W skylight.org.au

Register your interest
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