

## Recovery and Support Day Program

**Who:** This day patient program is provided to individuals that experience chronic mental health difficulties and require ongoing support across many areas of their life and livelihood, wish to learn psychological techniques to help manage their psychological symptoms, would benefit from being part of a supportive group of individuals and facilitators, and are ready to play an active role in their recovery.

**Content:** The main objectives of the group are to help you improve your general well-being and functioning, reduce impairment related to your mental health conditions, and to teach you a broad range of skills and strategies that will help you maintain a better quality of life. Examples of the skills you will learn are assertiveness, identify early warning signs and triggers, problem solving, building motivation, mindfulness, and promoting healthy relationships.

**When:** Monday and Wednesday all year round and can be attended as a full or half day

Please contact the Day Program intake office or a member of the Northpark Therapy team for more information and to make a booking.

**9468 0177** or email [dayprogram.intake@healthscope.com.au](mailto:dayprogram.intake@healthscope.com.au)

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