

Upcoming Day Programs

Cognitive Behavioural Therapy - 2nd September 2019

Acceptance Commitment Therapy Foundations - 6th September 2019

Interpersonal Group Therapy - 2nd September 2019

Acceptance Commitment Therapy Wise Choices - 2nd October 2019

The following programs run through the year:

Art therapy - Every Monday and Thursday (excluding Public Holidays)

Wise Wellness for older adults - Every Tuesday and Friday (excluding Public Holidays)

Recovery & Support - Every Wednesday (excluding Public Holidays)

If you are interested in attending day programs, a referral from your Psychiatrist will be required.

Please contact Cheryl, Day Programs Intake Clinician on 03 9468 0177.

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