



StarHealth
First for your Health & Wellbeing

**Counselling
Program**
2020



The Star Health
Counselling Team
will be running a
range of groups in
2020 covering issues
that are commonly
experienced in the
community.

Being in a group provides the opportunity to share with other people who are experiencing similar difficulties, learn new strategies and skills and make connections. Our groups aim to be practical, supportive and informative.

To register your interest in groups, please contact the clinician listed in the brochure or speak to any staff member who will put you on the group work register.



Term 1



Living with Chronic Fatigue Syndrome & Fibromyalgia

Do you feel like CFS or FM is taking over your life?

Living with CFS and FM is a 4-week group for people who want practical strategies to manage the effects of CFS or FM on daily life. Interested participants will need to attend a short interview prior to joining the group.

For more information please contact Philip or Helen on 03 9525 1300




 **Wed 12th Feb**  South Melbourne
 11am - 1pm | **4 weeks**

Dream On

A four-week group for those who have problems sleeping.

A four-week group for those who have problems sleeping. The group provides support, and sharing evidence-based information, and ideas regarding: the nature of sleep, the insomnia cycle, and sleep hygiene strategies.

For more information please contact Garry or Heather on 03 9525 1300


 **Thurs 13th Feb**  Prahran
 1pm - 3pm | **4 weeks**



Art Therapy for Grief & Loss

A six week art therapy program supporting adults who have experienced a difficult loss in their lives; this might be the loss of a loved one, relationship, pregnancy, pet, job or way of life.

In a supportive environment, you will be invited to learn more about grief, express inwardly held emotions, tell your personal stories and explore meaning-making processes. There will be opportunities for mindful reflection, art making and group interaction. No previous art experience is required!

Contact: Negin or Philip on 9525 1300

 **Thurs 26th March**


 Prahran  1pm - 3pm | **6 weeks**



Who's The Boss

An eight week group for parents or carers who are experiencing abuse from an adolescent child in their care.

It offers parents an opportunity to share experiences and develop new ideas and skills for managing their child's behaviours.

Contact Roger or Kryss on 9525 1300


 **Monday 20th April**

 Prahran  6pm - 8pm | **8 weeks**

Wise Choices 1

This course is for people who would benefit from working in a small group to develop mindfulness skills and actions that are in line with their values.

Referring clinicians can call Megan Jurecka ex 583 or Susan Friedman ex 237 on 9525 1300.

 **Thurs 16th April**

 South Melbourne  1pm - 3pm | **5 weeks**




Term 3

Wise Choices 2

The second level of our popular Wise Choices group involving advanced mindfulness & values based action.

This course is for people who would benefit from working in a small group to develop mindfulness skills and actions that are in line with their values.

Contact: Susan or Megan on 9525 1300


 **Tues 21st July**

 South Melbourne  1pm - 3pm | **5 weeks**

Social Skills for Young People with ASD

A five week program designed to provide practical skills and strategies in interpersonal relationships, such as ways to engage with others, active listening and conversational skills.

Contact Helen on 9525 1300

 **Thurs 6th August**

 South Melbourne  1pm - 3pm | **5 weeks**



Dream On

A four-week group for those who have problems sleeping.

A four-week group for those who have problems sleeping. The group provides support, and sharing evidence-based information, and ideas regarding: the nature of sleep, the insomnia cycle, and sleep hygiene strategies.

For more information please contact Garry on 9525 1300

 **Thurs 13th August**

 South Melbourne  1pm - 3pm | **4 weeks**


Term 4



Who's The Boss

An eight week group for parents or carers who are experiencing abuse from an adolescent child in their care.

It offers parents an opportunity to share experiences and develop new ideas and skills for managing their child's behaviours.

Contact Gary or Heather on 9525 1300

 Wed 14th Oct

 Prahran  7pm - 9:30pm | **8 weeks**






Art Therapy for Grief & Loss

A six week art therapy program supporting adults who have experienced a difficult loss in their lives; this might be the loss of a loved one, relationship, pregnancy, pet, job or way of life.

In a supportive environment, you will be invited to learn more about grief, express inwardly held emotions, tell your personal stories and explore meaning-making processes. There will be opportunities for mindful reflection, art making and group interaction. No previous art experience is required!

Contact: Negin or Philip on 9525 1300

 Thurs 15th October


 Prahran  1pm - 3pm | **6 weeks**

Living with Chronic Fatigue Syndrome & Fibromyalgia

Do you feel like CFS or FM is taking over your life?

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For more information please contact Philip or Helen on 03 9525 1300

 Thurs 5th Nov

 South Melbourne  11am - 1pm | **4 weeks**



StarHealth

First for your Health & Wellbeing

Locations

South Melbourne

341 Coventry Street

Opening Hours

Monday to Friday

8:15am - 5:00pm

Prahran

240 Malvern Road

Opening Hours

Monday to Friday

8:15am - 5:00pm

St Kilda

22 - 28 Fitzroy Street

Opening Hours

Monday to Friday

9:00am - 5:00pm

Bentleigh

973 Nepean Highway

Opening Hours

Monday to Friday

9:00am - 5:00pm

9525 1300