

# WALK & TALK

ONGOING  
FROM

30

APR 2024



Funded by

**phn**  
CENTRAL AND  
EASTERN SYDNEY

An Australian Government Initiative



LILLY PILLY  
*counselling*

## ABOUT THIS GROUP

Walk and Talk with a Lilly Pilly therapist.

Look after your wellbeing by keeping physically fit and mentally healthy while chatting/sharing about everyday life issues. There is an optional cuppa at the end of the walk. This group will run weekly.

### The program will help you:

- Keep physically fit and mentally healthy
- Connect with nature
- Connect with others in a safe and supportive group

## MEET THE GROUP FACILITATOR



Muaz is a qualified provisional psychologist with a unique approach that will empower you to transform your life. Drawing upon his extensive background in sport psychology,

Muaz seamlessly integrates Acceptance Commitment Therapy (ACT) techniques, making them his primary approach, alongside cutting-edge physical exercise and movement.

## THE DETAILS



**9:30am - 11:00am Tuesdays**  
Ongoing, starting April 30, 2024



**Centennial Park, Paddington**  
Meet outside of Centennial Parklands Dining, Banksia Way, not far from the Paddington gates at E3. [Click here for map.](#)



**FREE**  
For eligible participants

## RSVP & MORE INFO



**Muaz:** 0405 690 869



**Muaz:** [psymuazsozen@gmail.com](mailto:psymuazsozen@gmail.com)

## TO SECURE YOUR SPACE

### Eligibility criteria:

Severe and persistent mental illness (not currently receiving NDIS funding).

**This group is open to self referral or referral by clinician or support person using the link below:**

<https://phncesws.redicase.com.au/#!/referral/create>

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