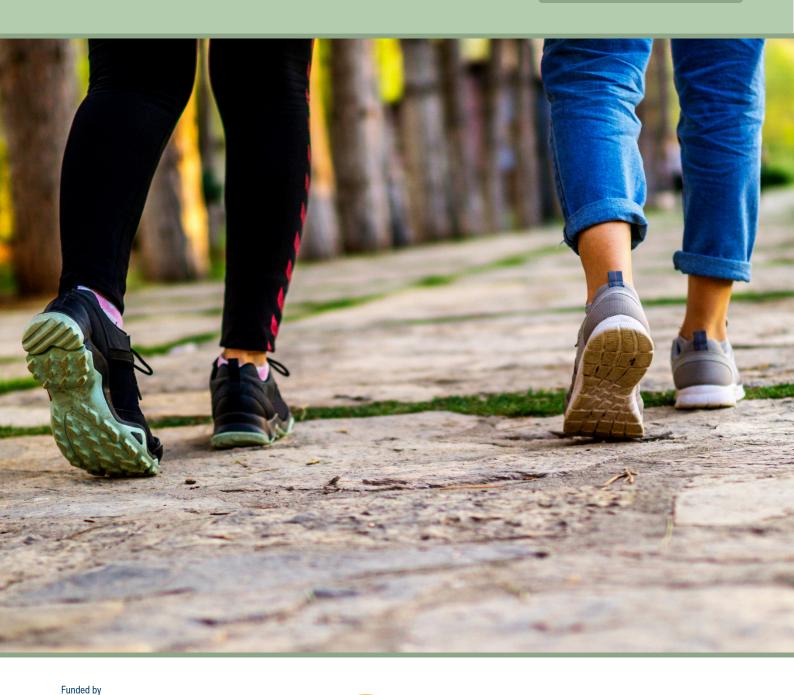
WALK &TALK

RECOMMENCING FROM

5

FEB 2025







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



As a qualified Counsellor, Psychotherapist and Naturopath, Sasha combines all three to provide information and tools to empower you towards inner peace and physical wellbeing.

Through curiosity and non-judgment, Sasha provides a safe and gentle space for open communication while walking through the expansiveness of Centennial Park.

THE DETAILS



9.30m - 11am Wednesdays Starting February 5th, 2025



Centennial Park, Paddington Meet outside of Centennial Parklands Dining, Banksia Way, not far from the Paddington gates at E3 Click here for map.



FREEFor eligible participants

RSVP & MORE INFO



Please text your message to **Sasha 0415 714 069**



Sasha: sashaontour@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.co m.au/#!/referral/create



