

WALK & TALK

RECOMMENCING
FROM

5

FEB 2025



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



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.](#)



FREE
For 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.com.au/#!/referral/create>

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