

Enhancing Resilience Program

Providing resources, education and clinical support to enhance resilience, strengthen wellbeing.

Who is the program for?

Individuals who have a diagnosis of a mood or anxiety disorder, addictive, personality or trauma disorder and are in the maintenance phase of their recovery.

Program Content

- Understanding resilience
- Managing stress
- The PERMA-H model
- Values and resilience
- Compassionate self-support
- Flow states
- Cultivating happiness
- Healthy lifestyle
- Optimism and hope
- Savouring positive emotions
- Positive relationships
- Relapse signatures

About the program

This half-day program is based on the principles of positive psychology and uses a strengths-based approach to support participants to enhance their resilience to maintain wellness. This program enables participants to build on skills learnt in other groups and apply them through the lens of recovery maintenance to promote ongoing wellbeing and relapse prevention.

When is it held?

One day a week over 12 weeks as detailed below. Morning or afternoon tea is provided.

8:30am - 9:00am Registration and sign-in
9:00am - 12:15pm Group Program
OR
12:15pm - 12:45pm Registration and sign-in
12:45pm - 4:00pm Group Program

Check our website for the current timetable.

Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover. Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

Further Information

For information on this program please contact the South Coast Private Day Programs Team
T: 02 4286 6847
E: sco.dayprograms@aurorahealth.com.au