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Description automatically generated**Managing Our Wellbeing Introduction Workshop**

**For Young People**

It is important for young people to develop skills that allows them to be **psychologically healthy** as well as **maintain healthy relationships** with those around them.

 ***Workshop***  ***20th April, 2022 10-3pm***

We will unpack our internal skills such as **emotional regulation, resilience, flexibility and strength building.**

This session will be run in a small group context and will provide psychoeducation and skill building using an experiential approach.

**Facilitators**: Dr Jo Winther (Clinical Psychologist) and Josh Winther (Psychology/Criminology Student) see <https://ajpsychology00.wixsite.com/ajpsychology/about-us> for further details.

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**Location:** Winhaven Animal Assisted Therapy, Sunbury (rural property)

**Cost:** $150 per day

**RSVP:** Via email only [ajpsychology00@gmail.com](mailto:ajpsychology00@gmail.com) by 11th of April, 2022. You will be contacted for an intake interveiw.