

Life Launchpad

Come along to these FREE, interactive workshops, run by Life Launchpad, aiming to support people experiencing social and emotional wellbeing challenges, to live a happy and meaningful life.

During these workshops, we will work together to build knowledge, skills and confidence in your recovery journey. Come along to one workshop or all!



Values

Wednesday 17 April, 10am - 12noon at Seville Grove Library

Join us for this first session as we explore what is important to you and how your values influence your actions.



Strengths

Wednesday 24 April, 10am - 12noon at Seville Grove Library

In this workshop we reflect on what you are good at and what strengths you want to develop.



Emotions

Wednesday 1 May, 1 - 3pm at Seville Grove Library

Learn how to identify different emotions and how emotions drive your thoughts and actions.



Self-esteem

Wednesday 8 May, 10am - 12noon at Seville Grove Library

In this workshop we will discuss how self-esteem can impact you physically and emotionally and how we can improve self-esteem.



Goals

Wednesday 15 May, 10am - 12noon at Seville Grove Library

In this session we will discuss how to increase your confidence to set and achieve realistic ambitions.



Support

Wednesday 29 May, 10am - 12noon at Seville Grove Library

In this workshop, we will work through the different supports available and what is most suited to your needs.



Wellbeing

Wednesday 5 June, 1 - 3pm at Seville Grove Library

Understand the link between your emotions and wellbeing, what makes you feel well and how to overcome things which drain you.



Mindfulness

Wednesday 12 June, 10am - 12noon at Seville Grove Library

Discover the benefits of mindfulness and the different ways we can practice this.



Recovery

Wednesday 19 June, 10am - 12noon at Seville Grove Library

In this last workshop we bring together all aspects of the previous workshops so you can build a recovery plan for your future.



Overcoming Barriers

Wednesday 26 June, 1 - 3pm at Seville Grove Library

Join us as we discuss and find the best solutions to identify and overcome obstacles that get in the way of what you would like to do.

These sessions are for adults.

Places are limited and bookings are essential for each session you wish to attend.

Visit library.armadale.wa.gov.au or call **9394 5800** to book your place.

Life Launchpad is a Consumers of Mental Health WA initiative, funded by the Australian Government Department of Social Services.

Visit www.dss.gov.au for more information.



library.armadale.wa.gov.au
Armadale Library | (08) 9394 5125
Kelmescott Library | (08) 9394 5810
Seville Grove Library | (08) 9394 5800

