

# Aboriginal and Torres Strait Island Group

Group work will focus on reconnecting individuals back into their cultural roots and heritage. Through group activities individuals will foster strategies that encourage good self-care, community engagement and build positive relationships.



## Focus areas:

- Building a strong sense of self by reconnecting with cultural beliefs and values
- Establishing positive relationships with local communities and culture
- Exploring societal change and impact for individuals
- Dealing with anxiety, depression and substance abuse
- Implementing problem solving strategies
- Coping with intergenerational displacement
- Employment coaching

\*Groups run every term, please contact our office for more information on time and costs.