



Healthy Connections

CLINICAL PSYCHOLOGY

• Individuals • Couples • Families • Groups •



Ageing Wisely

Ageing Wisely will run between April and July for older adults (60+). Places are limited and reservations are required. A Medicare rebate may be available. For further information or to reserve your spot, contact us at 4739-9786 or info@hccp.com.au

What is Ageing Wisely?

Developed at Macquarie University, **Ageing Wisely** is an evidence-based group program, designed specifically to assist older adults to better manage feelings of worry and low mood, now or in the future. While feeling a bit worried or down for a few hours or days is normal, it is not normal to feel low or worried for weeks, months or years. The **Ageing Wisely** group program uses strategies based on Cognitive Behavioural Therapy (CBT) principals to assist participants to better manage low mood and worries. **Ageing Wisely** will be facilitated by an experienced Clinical Psychologist with a special interest in older adult mental health and wellbeing.

Dates: 11 Fridays:

23 April
30 April
6 May
14 May
21 May
28 May
4 June
11 June
18 June
25 June
2 July (No Session)
9 July

Time: 10:30 am–12:30 pm

Cost: \$500
(Medicare rebate available,
up to \$326)

Location: Shop A, 134B
Great Western Highway
Blaxland, NSW 2774

