



Pathways to positive living

Pathways to positive living is based on Cognitive Behavioural Therapy to help people build a positive future for themselves, and the others they are close to.

CBT has been used successfully for many years to help people better manage how they think, how they feel and how they behave.

Who should attend? People want to make changes to their behaviours, relationship with others.

The program includes 6 group sessions.

When: Every Wednesday, from 18/3 to 22/4; 6 to 9 p.m.

Where: 62 Athol Street Athol Park 5012.

RSVP to My Phuong, Hai & Trung on 8447 8821

Or Phuong.sramek@sa.vnca.org.au

