

# In Charge

[www.windermerecfs.com.au](http://www.windermerecfs.com.au)



A 6 week program for teenage girls who are experiencing difficulties in life and who are keen to learn different ways to cope

**FOR:** Teenage girls experiencing depression, anxiety or stress related issues

**AIM:**

- \* To open new doors to find creative ways that help the girls to be 'in charge' of their emotions
- \* To safely explore and bring some understanding to personal experiences
- \* To build on each girls' unique talents and strengths

**ELIGIBILITY:** Each girl must have a Mental Health Care Plan from their GP, for bulk billing of the cost of the group by Windermere.  
For details, contact the number below.

**WHEN:** Tuesdays, 27 April to 1 June 2010 (6 weeks)  
**All sessions are 4.30pm to 5.30pm**

**WHERE:** Windermere's Biala, 26 Parkhill Drive, Berwick. (Melways Map 110, J6)  
(Behind Community Health Centre)



**Windermere™**

*everyone is someone  
in our community*

**TO BOOK, Please contact:**  
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