



Government
of South Australia

Department for Communities
and Social Inclusion



SAHMRI
South Australian Health &
Medical Research Institute



THE WELLBEING
AND RESILIENCE
CENTRE

Wellbeing and Resilience training

Free community workshops to provide people with training in wellbeing and resilience skills.

The Wellbeing and Resilience Centre at the South Australian Health and Medical Research Institute (SAHMRI), in partnership with your local community worker, is delivering a workshop over two evenings to build on the wellbeing and resilience of people in the local community.

Date / Times

Monday 19th February 3 pm – 8:30 pm

Tuesday 20th February 3 pm – 8:30 pm

The workshop **runs over two half evenings** with catering provided. You must attend both evenings and childcare options will be offered to help make this possible for those with children.

Venue

Phil Barry Chamber, Wakefield Regional Council
Scotland Place, Balaklava

This workshop is a great opportunity to build on your existing resilience skills, and will equip you with a toolkit of practical skills, focusing on PERMA+: **positive emotions, engagement, relationships, meaning, and accomplishment.**



Participants of the first Community Wellbeing workshop, held in Freeling on the 27th of November and the 4th of December 2017

RSVP Essential

Register via email with any dietary or childcare requirements to:
georgina.goodrich@sa.gov.au by 4th Feb 2018