



# Emotional Wellbeing Space

## Wellbeing coaching

Managing feelings of anxiety or depression can feel stressful. Wellbeing Coaching can guide you towards positive outcomes.

**Benefits include to learn and develop strategies to:**

- help deal with feelings of stress and worry
- recognise and make best use of inner strengths
- pay attention to emotions and increase emotional resilience
- find solutions to life challenges

## PROGRAM DETAILS:

- 6-week group coaching program
- Individual coaching sessions

Coaching is available to all people aged 18 – 65 years who live, work or study in Sydney North Region through online or face to face sessions.

**FREE SELF-REFERRAL SERVICE.  
NO DOCTOR'S REFERRAL NEEDED.**

This service is supported by Sydney North PHN.



**SCAN TO REGISTER YOUR INTEREST**

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