



Steady Steps: Anxiety & Trauma Recovery Program

FREE trauma management program

Feeling Shaken After a Recent Incident?

Life can feel overwhelming and scary after a distressing event, leaving many of us anxious and uncertain about the future. You're not alone if this sounds like what you're going through. Our **FREE** six-week support program is here to guide you through these tough times, offering strategies and support to help you manage your anxiety and regain your footing.

Here's How We Can Help:

- **Understand Your Anxiety:** Learn what triggers your anxiety and discover straightforward ways to manage it.
- **Tools for Calming:** We'll teach you simple techniques to help you relax and feel safer when stress levels rise.
- **Positive Thinking:** Change how you respond to negative thoughts and start seeing things in a more hopeful light.
- **Build Resilience:** Strengthen your ability to handle life's challenges by learning effective coping strategies.
- **Plan for a Brighter Future:** Develop a clear plan to maintain your well-being and prevent future anxiety spikes.

Program Benefits:

- Connect with others who understand what you're going through.
- Gain confidence in managing your emotions.
- Learn practical skills that you can use every day.

Join Our FREE Program: You can start feeling better about your life's direction. Our psychologist-guided sessions and a supportive group environment will help you discover the strength to move forward.

Facilitated by: Carolyn Lee, Psychologist (ProActive Psychology)

Start Date: Join us on 22nd May for a series of six-week weekly sessions. To gain the full benefits of the program, participants are encouraged to commit to attending all six sessions.

Location: Online – link will be provided upon registration

Time: 12 noon to 1:30pm

Secure Your Spot: For more information or to register, contact us at 9727 7752.

Hurry, as spaces are limited.