



# independent ENDEAVOURS

A free service to people between the ages of 16—65 years with mental health challenges. Take the opportunity to learn how to build on your life skills towards independence in your community.

To make enquiries or to enrol please ring Anna McVeigh at WALSH TRUST  
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## Naturally Speaking (February 2, March 22, May 10)

Gain confidence when communicating with others, and learn to build on practical skills for effective communication. We will identify different ways of getting messages across, examine thinking and actions that block good communication, and practice in a fun low-key learning environment.



## Taking Charge of Stress (March 6, April 24, June 12)

A six session workshop offered in the community for people who feel stressed out, worry a lot and want to be more in control of their stress. We will identify how anxiety affects us, and practical ways we can reduce our stress levels, in a friendly and supportive learning environment.



## Toolbox 4 Work (January 27, March 2, April 13, May 18)

For people who want up to date information and support to prepare for work, this workshop will run six times throughout the year. Topics include: Knowing your skills; Networking; Application Process; and Interview Preparation.



## Project Twin Streams (Feb 8, 22; March 7, 21; April 4, 18; May 2, 16)

We invite you to join us once a fortnight to enjoy the outdoors and contribute to community. We look after adopted spots and plant a number of native trees along the stream banks. We also get out and enjoy nature and walking if you are interested. Sometimes we have BBQs and sometimes morning tea. Come and join!