

Cultivating Calm

A one-day workshop to discover tools to help manage difficult and overwhelming emotions like overthinking, anxiety, guilt, shame, anger, and loneliness.



When & Where:

Wednesday 24th August – 9:30am to 2:00pm
In-person at Women's Health and Equality Queensland

Wednesday 31st August – 9:30am to 2:00pm
Online via Zoom.

Learning and Outcomes:

- Discover new ways to manage racing thoughts and busy minds
- Safely tune into your body and what it is telling you
- To support regulating and managing your emotions
- Sharing tools to support curiosity about your thoughts, feelings, and senses in the present moment

All you need are the resources you have at home and a sense of curiosity and openness.

To register your interest, please reach out to referral@wheq.org.au