

Women's Wellbeing

Providing resources, education and support for women's emotional and physical wellbeing.

Who is the program for?

This program is suitable for women who are experiencing mental health conditions such as anxiety, bipolar, depression, premenstrual dysphoric disorder, PTSD, in association with life stage changes, role transitions or risk factors/challenges associated with being a woman.

Program content

During the program you'll learn, share and discover:

- How to fit healthy self-care practices and routines into your life
- Learn and practice body movement and mindfulness exercises each week
- Gain up-to-date information on a range of women's mental and physical health issues
- Share your own journey and changing roles as a woman
- How to cope with grief, loss and transitions
- How to build a healthy body image and awareness
- Strategies for managing the mental load
- Relationship and communication skills
- How to build self-compassion into your life
- Explore creative therapy activities to enhance self-care and emotional wellbeing
- Ways to connect with your creativity and values to build and re-discover yourself
- Plus much more

For information on this program please contact the Belmont Private Hospital Day Programs Team. Phone 07 3398 0270 or email belmonttherapyprograms@aurorahealth.com.au

About the program

The Women's Wellbeing Program has a strong focus on self-care development and practice. It aims to assist women to manage their mental health alongside the changes and transitions that occur throughout life.

The program is based on a combination of psychological, behavioural, and creative therapies to improve physical, mental and emotional wellbeing. Women are encouraged to share their unique experiences within a safe, supportive space with other women. The Women's Wellbeing program provides education, self-awareness, support and evidenced-based strategies for managing mental health, challenges, and transitions across a woman's life course.

As part of the 12-week program, women are encouraged to engage in weekly practice of exercise, mindfulness, self-care, and creative activities, with the view to incorporating individual healthy routines beyond the program.

When is it held?

Every Thursday from 9:15am to 3:00pm over 12 weeks.

Morning tea and lunch is provided.

Please contact Belmont Therapy Programs to confirm dates.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or choose to self-fund. We ask that participants confirm any applicable out of pocket or gap costs directly with Belmont Private Hospital.

How to join

A referral from a Psychiatrist with admission rights is required to access Belmont Therapy Programs day programs.