

Help a Head

CARINGBAH

Supporting your mental health and wellbeing

Weekly group timetable

MONDAY



10:00am – 12:00pm

Hearing Voices



1:00pm – 3:00pm

SMART Recovery

TUESDAY



10:00am – 12:00pm

Linking Physical
and Mental Health



3:00pm – 5:00pm

DBT Skills
(Ages 17 – 35)

WEDNESDAY



11:00am – 1:00pm

Mindfulness
and Meditation



3:00pm – 5:00pm

Music and Mood

THURSDAY



10:00am – 1:00pm

Creativity to
Recovery



3:00pm – 5:00pm

Nutrition and
Cooking

FRIDAY



10:00am – 12:00pm

Healthy
Relationships



1:00pm – 3:00pm

Walk, Talk
and Connect



Groups commence 10 August 2026.

Please register your interest by emailing helpahead@gph.org.au or phone **8513 5800**



In
partnership
with

Relationships
AUSTRALIA · NSW

ODYSSEY HOUSE
NEW SOUTH WALES

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