

We are excited to announce the launch of a mental health wellbeing program for female partners of veterans.

The program aims to reduce psychological distress, feelings of isolation, increase social support and promote overall psychological wellbeing.

Contents of the Program

1. Understanding and identifying ways to improve your psychological, physical, and emotional wellbeing
2. Identifying referral pathways and access to appropriate evidence-based treatments specific to your needs
3. Facilitating connection with others and reducing isolation



When does it run?

Location: Wagga Wagga, Pro Patria Centre

Dates: Week 1: 14 May – 16 May

Week 2: 21 May – 23 May

Time: 10am – 2pm (lunch provided)

www.sjog.org.au

Published April 2024

St John of God Health Care Inc. ARBN 051 960 911 ABN 21 930 207 958

Female Partners of Veterans Mental Health Wellbeing Program

What to expect

- Free to all female partners of veterans
- Childcare provided on-site
- Facilitated by trained and experienced female psychologists
- Wellbeing session with female exercise physiologist

If you are interested in participating in one of the pilot programs, email

NSW.SJG.MentalHealthStrategy@sjog.org.au

with your name, contact details and best time to call.

A St John of God Health Care registered psychologist will contact you for a confidential discussion.

Mental Health Services



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