



Group Therapy | Better Life Centre  
**RAP-A Group Program: Building Resilience in Adolescents  
with  
Emotional Difficulties**  
run by Nicole Wright

### Who can access the group?

**Adolescents ages 13 - 17** who are experiencing symptoms related to anxiety or depression and/or experiencing low self-esteem issues.

### What is the group about?

This **9 week group program** integrates both cognitive-behavioural therapy and interpersonal skills building approaches to improve coping skills, build resilience, promote positive problem solving and address problematic negative thought patterns. Sessions will be one hour in length.

Group Information   RAP-A	
<b>Day</b>	Saturdays
<b>Time</b>	10:00am to 11:00am
<b>Dates</b>	13 <sup>th</sup> October 2017 - 8 <sup>th</sup> December 2017 (Duration 9 Weeks)
<b>Venue</b>	The Better Life Centre   169 Kelvin Grove Rd, Kelvin Grove QLD 4059
<b>Participants</b>	6-12 Participants per Session
<b>Facilitators</b>	Nicole Wright MAPS
<b>Cost</b>	\$441 for Entire Course paid upfront Free under the Brisbane MIND ATAPS Program
<b>Referral Pathways</b>	<ul style="list-style-type: none"><li>• Medicare Group Therapy (up to 10 Sessions per Calendar Year)</li><li>• Private Health (Claimable on site)</li><li>• Brisbane North Primary Health Network (Brisbane MIND ATAPS Program)</li></ul>
<b>Contact</b>	Call us on <b>(07) 3353 5430</b> or email <a href="mailto:admin@betterlife.com.au">admin@betterlife.com.au</a>

### What to do next?

#### If you're a GP:

You can refer Clients under the Better Access Scheme or enquire with Brisbane MIND by calling **07 3630 7300**. With any questions, you can contact us on **07 3353 5430**.

#### If you're interested in attending:

Please contact the Better Life Centre by calling **07 3353 5430** or emailing to [admin@betterlife.com.au](mailto:admin@betterlife.com.au)