



Calvary



HYSON GREEN DAY PROGRAM

DEPRESSION

ABOUT

The depression program is a structured, evidence-informed support pathway designed to help people understand and manage depression. The program supports participants to:

- Learn practical tools to improve mood and daily functioning
- Develop healthy routines that support emotional wellbeing
- Build confidence and a sense of control
- Reduce feelings of hopelessness and overwhelm
- Participate in a safe, welcoming, and non-judgemental space
- Receive personalised support and regular check-ins

For further information, please reach out via the details below

DETAILS

When: Commencing Thursday 15th of October 9.30am-12.30pm

Duration: Weekly for 10 weeks

Where: Hyson Green Day Program Room LI

TO ACCESS

Referrals: A referral from a psychiatrist or general practitioner is required. A mental health assessment will be arranged with a psychiatrist prior to commencing if needed.

Health Insurance: If you have private health insurance you will likely be covered under your hospital cover. A yearly excess usually applies. Please contact your health-fund to discuss any out-of-pocket expense, excess or gap fee. Please contact us in advance if you require a quote for privately funded or WorkCover claims.



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ART



ABOUT

Art therapy is a supportive, creative approach that helps people express emotions, reduce stress, and improve overall wellbeing. The program supports participants to:

- Explore emotions through creative activities
- Reduce stress and tension in a calm, supportive environment
- Build self-awareness and emotional insight
- Improve mood and overall wellbeing
- Participate without needing any art skills or experience
- Feel safe, welcomed, and free to express yourself
- Receive gentle guidance from trained facilitators

For further information, please reach out via the details below

DETAILS

When: Commencing Wednesday 14th October, 9.30am–12.30pm

Duration: Weekly for 10 weeks

Where: Hyson Green Day Program Room LI

TO ACCESS

Referrals: A referral from a psychiatrist or general practitioner is required. A mental health assessment will be arranged with a psychiatrist prior to commencing if needed.

Health Insurance: If you have private health insurance you will likely be covered under your hospital cover. A yearly excess usually applies. Please contact your health-fund to discuss any out-of-pocket expense, excess or gap fee. Please contact us in advance if you require a quote for privately funded or WorkCover claims.



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HYSON GREEN DAY PROGRAM

NARRATIVE SKILLS: EXPLORING LIFE STORIES IN WAYS THAT MAKE US STRONGER



ABOUT

Narrative skills invites participants to explore alternative stories of problem experiences.

The program supports participants to:

- Develop greater separation from problem saturated identities
- Increase agency and self-understanding
- Identify skills, knowledge and acts of resistance to problems
- Strengthen connections through witnessing the stories of others
- Build richer, preferred identity narratives
- Reduce shame and isolation
- Experience community validation and belonging
- Form a collaborative resource that impacts other people who have experienced hardships with stories of hope and strength.

For further information, please reach out via the details below

DETAILS

When: Commencing Tuesday 3rd November, 9.30am-12.30pm

Duration: Weekly for 5 weeks

Where: Hyson Green Day Program Room LI

TO ACCESS

Referrals: A referral from a psychiatrist or general practitioner is required. A mental health assessment will be arranged with a psychiatrist prior to commencing if needed.

Health Insurance: If you have private health insurance you will likely be covered under your hospital cover. A yearly excess usually applies. Please contact your health-fund to discuss any out-of-pocket expense, excess or gap fee. Please contact us in advance if you require a quote for privately funded or WorkCover claims.