



A Taste of Resilience

Do You Bend or Break?

Give yourself the gift of self-care

The Better Practice Project and the South Australian Collaborative Projects invite you to switch on your self-care by learning or strengthening your resilience this year.

Together we will reflect on how to work with your character strengths and foster gratitude. This also will enhance our skills to support older people and carers to develop their own wellbeing and resilience strategies.

This taster is a way to connect with your own wellbeing...

The Commonwealth Home Support Program promotes independence through physical and emotional wellbeing, social participation and access to the community. We encourage you to attend to be able to support the older people in your life to meet their wellbeing goals.

As a participant, you will:

- Explore the reason developing resilience strategies is vital to overall health and wellbeing
- Understand our character strengths which help us live our lives with energy and optimism
- Look at PERMA Plus and keys to enhancing wellbeing
- Undertake activities to explore how gratitude practices support our wellbeing
- Activity in preparation for the session :
 - go to <https://www.viacharacter.org/www/Character-Strengths-Survey>
 - please complete survey and bring to the session

Thurs 16th March, 2017

1:00 – 4:00pm

Barossa Council Chambers

43-51 Tanunda Rd, Nuriootpa

Please RSVP by 12th March

Deb Anderson

danderson@barossa.sa.gov.au

8563 8414



Although funding for this workshop has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government



Supported by
Government of South Australia
Department for Communities
and Social Inclusion

