



For enquiries contact:



Positive **Lifestyle Program**

for Individuals



A safe Journey

In exploring and evaluating your
own experience and skills



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Produced by The Salvation Army Australia
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1 *What* is the positive lifestyle program?

The program has been carefully developed to:

- Build up your self-awareness
- Give you a better understanding of your life skills

The program has a number of sessions with a trained facilitator. The sessions are about:

1	Self-awareness
2	Anger
3	Depression & Loneliness
4	Stress
5	Grief
6	Assertiveness
7	Self-Esteem
8	Future Directions

2 *How* the Positive Lifestyle Program benefits people

The program is for all people, including those who because of problems in their lives are:

- Experiencing reduced self-esteem
- Struggling with issues around anger
- Suffering from stress, anxiety & depression
- Facing personal issues
- Enduring broken relationships
- Disconnected from the community
- Finding it hard to get or keep work

3 *How* to connect to the Positive Lifestyle Program

You may register on your own – just speak to a Salvation Army representative. Participants can also be referred by others such as a Salvation Army representative, a Social Worker, a Magistrate, or an Employment Plus worker.

Program Objectives:

- 1 To help you develop a sense of worth by gaining a better understanding of yourself and your life
- 2 To give you an opportunity to be in an environment that encourages you to develop life-improving skills in a positive and reinforcing way
- 3 To give you the opportunity to apply these strengths and skills to present and future situations
- 4 To give you the option to explore your inner self and become aware of how to use self-awareness in a positive way