

Please Return Completed
Registration Form & Fee to:

Noarlunga
Community Church



Linda Hunt

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Impacted by God - Changing the Nations
Jeremiah 33:9

POSITIVE LIFESTYLE PROGRAM



Noarlunga
Community Church

Registration Form

Program Outline ...

The **Term 3 Program** will begin week commencing **3rd September** with an individual Interview and a Self-Awareness session one-on-one with a facilitator, followed by four weeks of group sessions, concluding with a final individual session on Self-Esteem. The group sessions will run Thursdays for four weeks from **10:00 am to 12.15 pm**.

Week 1: Self-Awareness

Appointment

Individual Interview & Assessment

Week 2: Anger & Stress

6th September

Group Session

Week 3: Depression & Loneliness

13th September

Group Session

Week 4: Assertiveness & Grief/Loss

20th September

Group Session

Week 5: Problem Solving & Goal Setting

27th September

Group Session

Week 6: Self-Esteem

Appointment

Individual & Assessment

The Positive Lifestyle Program is a Christian based self-help course aimed to enhance participants' *self-awareness*, in addition to enabling them to gain a better understanding of **personal life skills**.

The objectives of the Positive Lifestyle Program are to:

1. Assist participants develop a sense of self-worth and thus enable them to gain a better understanding of themselves and their lives.
2. Provide participants an opportunity to be in an environment that will encourage the development of life enhancing skills in a positive and reinforcing manner.
3. Provide participants the opportunity to apply these strengths and skills to present and future situations.
4. Provide participants the opportunity to explore the inner-self and to become aware of how to utilise such self-awareness in a positive way.

Registration Form ...

Name: _____ DOB: _____

Address: _____

Phone: _____

Cost: \$10 (total cost of program)



Note: As there are only a limited number of 10 places, applicants will be accepted on a first in first served basis

Please return this form and payment to:

The Noarlunga Salvation Army
PO BOX 904
Noarlunga Centre SA 5168

Phone: 8382 1600
Fax: 8326 2206

OR deliver to 186 Elizabeth Rd. Morphett Vale 5162

