



SOLDIER ON

LOCKDOWN RELIEF SUPPORT 2.0

VICTORIA

Weekly Support Group Sessions

Reach out and stay connected through the 'Victorian Lockdown Relief 2.0' support group sessions which are facilitated by our trained Psychologists.

These online support groups are designed to help navigate this second round of lockdown. Lockdown 2.0 will provide a way to connect through loss of social interaction with likeminded others experiencing the same restrictions and loss of daily freedoms and structure.

Psychologists will be there to help facilitate the groups and assist with providing support and information on how to manage stress, boredom, mental health symptoms, parenting and general well-being

Session 1: Monday 7.30pm - 8.30pm

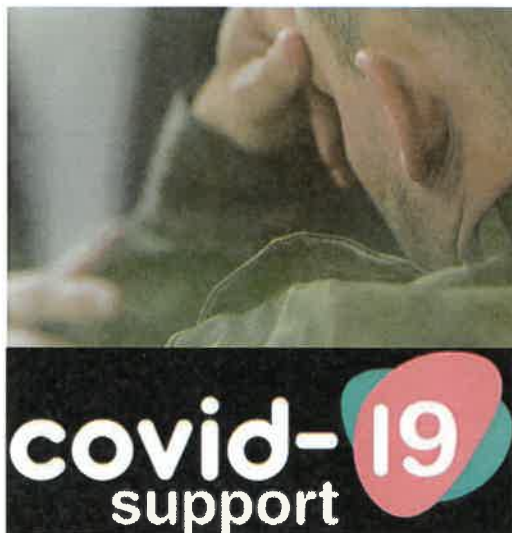
Session 2: Tuesday 10.00am - 11.00am

When: Weekly

Where: Online Platform - Microsoft Teams

Who can attend: This is a FREE service for current and ex serving veterans and their families

For further information and to register to attend please email getsupport@soldieron.org.au



www.soldieron.org.au

