



Older Persons' Wellbeing Network

A wellbeing support program for people aged 65 and over*

The program offers:

1:1 Counselling: Receive up to four free sessions, either in person or by phone.

Support Groups: Join our six-week series on topics like grief and loss, managing change, and maintaining health and wellbeing as we age.

Workshops: Participate in sessions on getting a good night's sleep, managing stress and worry, boosting self-esteem, and exploring creative activities.

Peer Support Training: Learn how to be a supportive friend or neighbour and help peers navigate their challenges.

Wellbeing Network Meetings: Engage in discussions about initiatives and activities designed to boost social engagement, build community, and reduce the isolation often faced by older adults.

For more information, feel free to contact Catherine at 0429 034 483 or Michelle at 0408 472 663. Alternatively, you can email us at opwncesphn@anglicare.org.au. We're here to help!

*or Aboriginal and Torres Strait Islander people aged 55 years and over