

# Workshop

## Strong Mind



This workshop helps you to learn skills to look after yourself, build a strong mind, bounce back from hard times and live a happy and healthy life.

**Delivered by the South Australian Council on Intellectual Disability**

Topics in the workshop include:

- Healthy habits
- Growing positive emotions
- Tips to feel happier in your day

Attendees also receive a copy of our Strong Mind Easy Read workbook series.



Strong Mind workshops are run FREE for groups of up to 30 people with intellectual disability. If you have a group and a suitable space we can bring the workshop to you. If you are an individual wanting to come to a workshop you can contact us and we will find a session for you to join.

To book a free Strong Mind workshop please contact:  
[admin@sacid.org.au](mailto:admin@sacid.org.au) or call 08 8352 4416

P: 08 8352 4416

E: [admin@sacid.org.au](mailto:admin@sacid.org.au)

[www.sacid.org.au](http://www.sacid.org.au)

Funded by the Australian Government  
Department of Social Services



Working  
towards  
an inclusive  
South  
Australian  
Community