

Winter/Spring 2024 Program

Cabrini Women's Mental Health service provides specialised day programs designed to support women in their journey to mental wellness.

Delivered at the Cabrini Specialist Centre – Elsternwick or online, our aim is to create a safe, welcoming space where each participant can explore their thoughts, emotions, behaviours, and develop new skills to enrich their lives.

Program Structure

Our therapeutic groups are compact and intimate, typically consisting of up to 12 participants. This size allows for personal attention, ensuring everyone's needs are met.

Each group is led by one or two experienced facilitators who provide professional support and guide the therapeutic process.

Program Duration

Each of our programs run for half a day, from 9.30 am to 12.30 pm. They include a short break, providing an opportunity to reflect on learning, network with other participants, and enjoy a moment of rest and rejuvenation.

Accessibility

All our groups are open, providing a flexible and accessible option for all women. Whether you are looking to join one program or several, our open groups offer you the chance to participate according to your own needs and schedule.



Cabrini Women's Mental Health

Day Programs

Dialectical Behaviour Therapy (DBT)

24 weeks | Mondays (online), Tuesdays or Wednesdays

Experience a journey of self-discovery and self-improvement with our DBT program. Over 24 weeks this group will help participants learn effective strategies for managing emotions and minimising interpersonal conflicts. DBT focuses on four key areas: mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness. DBT creates a supportive environment where participants can acquire new skills, gain insight into their emotional world, and improve their interpersonal relationships. This program is ideal for those who wish to better navigate emotional landscapes and foster healthier relationships.

Women's Health

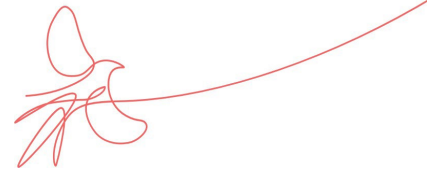
10 weeks | Mondays

This group offers a supportive environment specifically tailored to address the unique challenges women face in today's world. Whether you're navigating stress, relationships, life transitions, or seeking to enhance self-care and resilience, our program provides a safe space for exploration and growth. Led by experienced therapists, our sessions blend evidence-based practices with compassionate support to help you build healthier coping strategies, foster meaningful connections, and rediscover your inner strength. Together, we aim to empower each participant to achieve greater emotional balance, fulfillment, and overall mental wellness.

Emotional Empowerment

20 weeks | Wednesdays (online)

Offered through a convenient telehealth format, this 20-week program integrates techniques from Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT) and Mindfulness-Based Cognitive Therapy (MBCT). Designed for those seeking a holistic approach to mental health, it focuses on acceptance, mindfulness and personal values. In this supportive space, you'll learn to embrace your experiences and cultivate a mindful and value-oriented life.



Art Therapy

10 weeks | Fridays

Art Therapy is a unique path to self-expression and healing. This program allows you to explore your emotions and experiences through the creative process. Our trained art therapist creates a nurturing environment where you can express yourself freely, without judgment. No art experience is necessary – the focus is on the process and the insights gained, rather than the finished product. Through this program you will discover the transformative power of art.

Premenstrual Dysphoric Disorder (PMDD)

10 weeks | Fridays commencing mid-October

Our PMDD Program offers a safe and understanding space for women to learn about and manage this challenging condition. Throughout the program we delve into understanding the symptoms and triggers of PMDD, explore effective coping mechanisms and learn how to implement lifestyle changes that can help you manage the condition. This group is facilitated by professionals experienced in women's health and PMDD, providing you with the necessary support and resources to better manage this condition. You'll gain insight, strategies, and a community of support in our PMDD program.

COGtrain

10 weeks | Mondays (online) or Thursdays

Discover the path to enhanced cognitive abilities with our 10-week COGtrain program, tailored specifically for women facing mental health challenges. This innovative program focuses on improving key cognitive skills like memory, attention, organisation, and decision-making. Through a blend of psychoeducation, engaging exercises, and practical training strategies, participants will gain valuable insights and tools to sharpen their cognitive functions. COGtrain is a dynamic approach offering a supportive and empowering environment to foster mental agility and resilience.

Acceptance and Commitment Therapy (ACT)

10 weeks | Thursdays

Our ACT program encourages you to embrace your thoughts and feelings rather than fighting or feeling guilty for them. You will learn to accept what is out of your control and commit to actions that enrich your life. This program uses mindfulness strategies along with commitment and behaviour change techniques to increase psychological flexibility. This program provides the skills that will help you live a balanced, fulfilling life.

Living Well with ADHD

10 weeks | Tuesdays

This program is for adult women with ADHD or suspected ADHD. The program aims to inform and empower women to live well with ADHD. Sessions will focus on understanding ADHD and address areas such as attention, memory, and executive functioning, relationships, associated conditions, as well as coping strategies and mindfulness practices. The group will aim to foster a safe place and supportive network to explore shared experiences. The program is informed by empirically supported treatments (cognitive and dialectical behaviour interventions), lived experience and neurodiversity research and practice. We aim to be inclusive and adaptive to help support individuals to participate in this program.

Interpersonal Psychotherapy

20 weeks | Mondays

Explore the depths of your emotional resilience with our specialized group, designed for individuals committed to personal growth and self-awareness. This introspective space offers meaningful dialogue on human connection, emotional depth, and relational patterns. Led by experienced therapists, our sessions provide a supportive environment to navigate the complexities of interactions and psychological landscapes. Ideal for those seeking to refine their relational skills, this group fosters profound personal and relational growth. Join us on this transformative journey, where therapeutic insights and collective wisdom combine to enhance your emotional resilience.