



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**



Manage my Emotions (ME) Group

Robin Winkler Clinic

The ME Group Program is an **eight-week program for adults** offered at the Robin Winkler Clinic, designed to help participants improve their mental health and overall wellbeing.

This program is suitable for adults:

- Experiencing mild and moderate mental health challenges
- Having a history of mental health issues who want to prevent a recurrence
- Seeking to enhance their mental health and resilience

While many of us are taught how to care for our physical health, guidance on maintaining mental health is often overlooked. This group program aims to fill that gap.

The group meets weekly for eight, two-hour sessions, with an additional follow-up session one month later. Participants will learn practical skills to boost mental health, foster resilience, and support long-term wellbeing.

Do you have trouble with managing or coping with emotions like:

- Anxiety
- Sadness
- Disappointment
- Anger
- Frustration

Do these difficulties interfere with things like work, study, sleep, eating, relationships, socialising, and hobbies?

Would you like to:

- Learn how to boost your mental health and wellbeing?
- Be able to bounce back and cope when stressful things come your way?

If you answered 'Yes', then the ME Program may be for you!

Date: Every Tuesday for eight weeks from Tuesday 6 May 2025

Time: 3pm - 5pm

Cost: Free*

**No cost to attend as the program is being run as part of a university research project. You are required to attend a free initial appointment to check that the program is right for you.*

UWA Human Research Ethics Approval 2022/ET000220

Scan the QR code to complete our expression of interest form



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Scan for more information