



For enquiries contact:



Positive **Lifestyle Program**

for Individuals



A safe Journey

In exploring and evaluating your
own experience and skills



salvos.org.au

Please consider the environment when
disposing of this brochure

Produced by The Salvation Army, Australia
Communications and Fundraising Department
in partnership with Chaplaincy Services

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1 *What* is the positive lifestyle program?

The program has been carefully developed to:

- Build up your self-awareness
- Give you a better understanding of your life skills

The program has a number of sessions with a trained facilitator. The sessions are about:

- | | |
|---|-------------------------|
| 1 | Self-awareness |
| 2 | Anger |
| 3 | Depression & Loneliness |
| 4 | Stress |
| 5 | Grief |
| 6 | Assertiveness |
| 7 | Self-Esteem |
| 8 | Future Directions |

2 *How* the Positive Lifestyle Program benefits people

The program is for all people, including those who because of problems in their lives are:

- Experiencing reduced self-esteem
- Struggling with issues around anger
- Suffering from stress, anxiety & depression
- Facing personal issues
- Enduring broken relationships
- Disconnected from the community
- Finding it hard to get or keep work

3 *How* to connect to the Positive Lifestyle Program

You may register on your own – just speak to a Salvation Army representative. Participants can also be referred by others such as a Salvation Army representative, a Social Worker, a Magistrate, or an Employment Plus worker.

Program Objectives:

- | | |
|---|---|
| 1 | To help you develop a sense of worth by gaining a better understanding of yourself and your life |
| 2 | To give you an opportunity to be in an environment that encourages you to develop life-improving skills in a positive and reinforcing way |
| 3 | To give you the opportunity to apply these strengths and skills to present and future situations |
| 4 | To give you the option to explore your inner self and become aware of how to use self-awareness in a positive way |