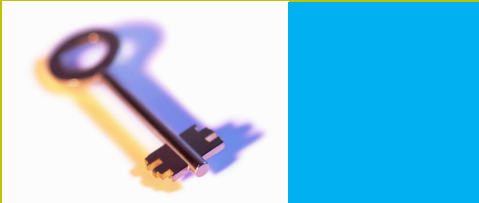


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Face 2 Face Lifeline Offices

65 Edward St PO Box 621 Charleville 4470	138 Victoria St PO Box 92 ST George 4487
28 Stockyard St Cunnamulla 4490	16 McDowall St Roma 4455
www.lifelinedarlingdowns.org.au	

If you require urgent assistance, please
phone the Lifeline National Telephone
Counselling Crisis Line

13 11 14



My Connection My Way (MCMW)

This is a FREE service

To provide individual and group-based Cognitive Behavioural Therapy to people from 12 years old and older, with or at-risk of developing low to moderate mental health issues.

This evidence-based program has been developed specifically for people who might be struggling with grief, loss, stress, anxiety or life events utilising specific tools for you to be able to use.

We operate in Charleville, Cunnamulla, St George, Roma and surrounding areas.

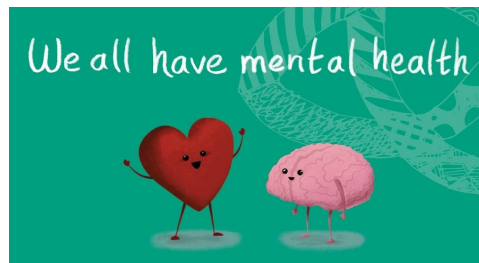


What can I expect from the My Connections My Way Coach?

Utilises the Cognitive Behaviour Therapy (CBT) and Rational-Emotive Behaviour Therapy (REBT) methods. These methods are direct in addressing strong emotions such as Anger, Anxiety and Depression to make a connection between the client's thoughts, feeling, emotions and their behaviours.

This therapy delivery method has been proven to bring about effective behavioural change and improving the client's mental health.

The MCMW program has the ability to deliver up to 12 sessions with a client including face to face,



This service is funded By

phn
WESTERN QUEENSLAND

An Australian Government Initiative

 **Lifeline**
Darling Downs &
South West QLD Ltd

Our Values

Integrity
Dignity
Openness
Honesty
Accountability
Respect

Our Motto

Strengthening Communities
and
Empowering People