



# GROUP PROGRAMS 2026

We support the



Wayville • Christies Beach • Elizabeth • Murray Bridge • Mount Gambier

SEE MENTAL HEALTH DIFFERENTLY

# ABOUT SKYLIGHT GROUPS

## ACTIVITY GROUPS

Skylight Activity Groups promote wellbeing in a supportive environment by offering opportunities for individuals to progress their recovery and prevent relapse by improving their ability to manage their illness. This occurs by providing a place where people can build skills, develop friendships, be accepted and connect with the community.

Staff are friendly, and approachable and will support people to participate in the range of programs available.

Our services are designed so that time for setup, packing up, planning, and debriefing is built into the overall activity time. I.e. Bowling runs from 1:30 until 4:00, which includes time to gather, prep for the activity, travel, the actual activity, regroup afterwards, travel, debrief and pack up tasks.

Orientation to the program is required for participation. Limited non NDIS places available or access through an eligible NDIS plan. \*Normal cancellation rules apply

## THERAPEUTIC GROUPS

Skylight facilitates a range of Therapeutic Groups, such as Acceptance and Commitment Therapy (ACT), Art Therapy, Sound Minds, and Yoga.

These groups aim to support people who may be experiencing stress, anxiety, depression, or hearing voices.

Sharing your experiences and hearing other people's stories can provide many opportunities for growth and healing.

Some of the benefits of Skylight therapeutic groups are:

- knowing you're not alone
- learning skills and strategies
- being able to help yourself as well as others
- building a sense of belonging and
- connection
- improving social skills

**Please note: not all groups run in all locations; please refer to timetables for group locations and schedules or go to [skylight.org.au/eventsbooking](http://skylight.org.au/eventsbooking)**

## BOOKINGS & INFO

Programs at Skylight Mental Health can be accessed either through an NDIS plan, fee for service, or through the limited free spots available.

Current participants can book online at [skylight.org.au/eventsbooking](http://skylight.org.au/eventsbooking) or by contacting our bookings team on 8378 4100 or [bookings@skylight.org.au](mailto:bookings@skylight.org.au).

To find out more about joining Skylight Programs, contact our Customer Team on 8378 4100 or submit an enquiry on [skylight.org.au/contact-us](http://skylight.org.au/contact-us)

# ACTIVITY GROUP PROGRAMS

## MUSIC GROUP

This group provides you with the opportunity to:

- Collaborate creatively with others using musical instruments, sounds and songs
- Develop friendships in the group, enhancing community participation
- Feel accepted and connected within the music community.

Bring your instrument or use one of ours. You don't have to play; you can come along to sing along with the music.



## BASIC GUITAR

This basic guitar group provides you with the opportunity to:

- Learn guitar skills and techniques in a supportive group environment
- Develop friendships within the group and feel connected to the music community
- Build skills related to your social and community participation goals

Skylight provides the guitars, or you can bring your own.



## ART GROUP

This group provides you with the opportunity to:

- Try different art techniques and mediums
- Feel and get creative through the learning of new art skills
- Create new friendships from the interactions with diverse people within the group

Art materials are also supplied for the group session, or you can bring your own projects.



## COMMUNITY COOKING

This group is a welcoming space where we come together to cook, connect and share a delicious meal.

- Try different art techniques and mediums
- Feel and get creative through the learning of new art skills
- Develop friendships through socialising with others within the group.
- Build communication and teamwork skills.

Each person completes their own individual prep, cooking and clean-up.  
Please note: A \$2 donation to participate.



## COOKING FOR ONE

This group provides you with the opportunity to:

- Enhance your basic cooking skills through learning cooking techniques
- Learn to cook healthy low-cost meals portioned for one
- Develop friendships through socialising with others within the group

The cooking for one group holds 4 participants. Each person completes their own individual prep, cooking and clean-up.

Please note: A \$5.00 contribution is required.



# ACTIVITY GROUP PROGRAMS

## 10 PIN BOWLING

This group provides you with the opportunity to:

- Develop and grow your bowling skills within a supportive environment
- Socialise with others and create friendships
- Increase your social and community participation

Please note: Cost to participants will be \$7 per game, payable on the day. Don't forget your socks.



## WALKING GROUP

This walking group provides you with the opportunity to:

- Improve your health and wellbeing with gentle aerobic exercise
- Reduce stress and anxiety through exercise
- Improve your social and community participation

Suitable footwear is required, make sure to bring a bottle of water!



## WELLBEING GROUP

This group provides you with the opportunity to:

- Experience and learn different styles of meditation
- Increase your health and wellbeing whilst developing coping strategies
- Socialise with others in the group and build friendships

This meditation group involves different styles of meditation such as mindfulness, breath awareness and progressive body relaxation.



## OUT N ABOUT

This group provides you with the opportunity to:

- Improve your social interaction and social skills
- Increase your social and community participation
- Create friendships throughout the experiences of the group

We will visit various locations within the community. Some events may incur a cost that will be payable by the participant. Bookings required.



## SOCIAL ARTS & CRAFTS

This group provides you with the opportunity to:

- Increase your social and communication skills whilst enjoying craft activities
- Engage with others in the group, developing your social participation
- Enhance your social skills and increase your community participation

Bring along your own art or craft project. Some materials provided.



# ACTIVITY GROUP PROGRAMS

## GAMES & SOCIAL GROUP

This group provides you with the opportunity to:

- Build on your social skills in a fun and enjoyable way through games
- Socialise with others in the group, creating friendships
- Learn problem-solving techniques through the games played

In this group you can play 8-ball, an assortment of games or you can just hang out and chat. Tea and coffee provided.



## PHOTOGRAPHY GROUP

This group provides you with the opportunity to:

- Learn basic photography skills using your smartphone or tablet
- Interact with others within the group and share your knowledge and passion for taking pictures
- Improve your community and social participation, gain experience with taking photos, photo editing and discovering different methods of displaying and sharing your images

Bring along your own camera or smart phone to take photos. A DSLR camera is available to use.



## WELLBEING & MEDITATION BASICS

This group provides you with the opportunity to:

- Explore basic mediation practices for relaxation and wellbeing
- Increase your health and wellbeing whilst developing coping strategies
- Socialise with others in the group and build friendships

This meditation group involves exploration of basic meditation practices such as mindfulness, breath awareness and progressive body relaxation. There is also the opportunity for outings to the beach, gardens, and other places in the community.



## COUNTRY WELLBEING

This group provides you with the opportunity to:

- Grow new skills in a supportive environment
- Increase your health and wellbeing whilst developing coping strategies
- Socialise with others in the group and build friendships

Enjoy an array of activities to support your wellbeing, including gentle movement, basic meditation and breathing exercises, tips for self-care, mindfulness and personal growth activities, gratitude and self-compassion exercise, and community outings.



# ACTIVITY GROUP PROGRAMS

## COMMUNITY CONNECT

This group provides you with the opportunity to:

- Grow your communication skills through interactions with others
- Increase your social participation and feel a part of a team
- Develop your creativity and share your interest in photography with others

We will be visiting new places and enjoying nature where you can relax and hang out with new friends. Learn new skills such as mindfulness photography.



## COMMUNITY HUB

This group provides you with the opportunity to:

- Build on your social skills in a fun and enjoyable way through games
- Socialise with others in the group, creating friendships
- Increase your social participation and feel a part of a community

In this group, you can play 8-ball, try your hand at some craft, spend some time in the garden, play an assortment of games or you can just hang out and chat. Tea and coffee provided.



## ONLINE ART

This group provides you with the opportunity to:

- Try different art techniques and mediums
- Feel and get creative through the learning of new art skills
- Create new friendships from the interactions with diverse people within the group

Each week a new art technique is explored with demonstrations and support from the experienced art teacher on your own artwork or ideas. You are encouraged to have your own art materials. Group conducted over Zoom.



## THIS IS ME WITH PRIDE

This group provides you with the opportunity to:

- Increase your social participation and feel part of a community
- Increase your mental health and wellbeing whilst developing coping strategies
- Socialise with others in the group and build friendships

Enjoy an array of activities and outings to support your wellbeing, build social networks in the LGBTQI+ community.



# THERAPEUTIC GROUP PROGRAMS

## TRAUMA-SENSITIVE YOGA

An evidence-based program specifically designed for people living with the effects of Complex Trauma and PTSD.

The sessions provide an opportunity to reconnect with your body through gentle movement, with the guidance of a registered Trauma Center Trauma-Sensitive Yoga (TCTSY) facilitator.

You do not need any previous experience to join and the program is open to all genders and physical abilities. 1:1 sessions are also available.



## ART THERAPY GROUP

Art Therapy is a form of psychotherapy which uses creative modalities, including art-making, sounds, and movement to improve and enhance mental and emotional well-being.

Our registered Art Therapist facilitates the group and focuses on developing a therapeutic atmosphere where participants can share their experiences in a safe environment. 1:1 sessions are also available.



## SOUND MINDS

This group is a supportive environment for people who hear voices or have other experiences like seeing things other people don't, or having what some might consider 'unusual' beliefs and thoughts.

The aim is to provide a safe space for Voice Hearers to share their knowledge and personal experiences in a non-judgmental zone, as well as offering new learning opportunities.



## ACCEPTANCE COMMITMENT THERAPY

This 6 week group uses ideas and practical skills from Acceptance and Commitment Therapy, a highly regarded approach which is shown to be effective in supporting people experiencing depression or anxiety.

Our skilled facilitators create a therapeutic space, and together we explore tools and strategies to better understand and deal with challenging thoughts, feelings, and emotions.



## DIALECTICAL BEHAVIOURAL THERAPY

Our 8 week introductory Dialectical Behavioural Therapy (DBT) skills Group offers a supportive environment for participants to gain insights into their thoughts, emotions, and behaviors while developing practical strategies for navigating life's challenges. With a focus on shared experiences and mutual support, our experienced facilitators lead discussions and activities that promote personal development and learning.





SEE **MENTAL HEALTH** DIFFERENTLY

## LOCATIONS

### **Central - Mile End**

73 Henley Beach Rd, Mile End SA

### **Southern - Parnangga**

64 Elgin Ave, Christies Beach SA

### **Northern - Elizabeth**

15 Elizabeth Way, Elizabeth SA

### **Murraylands**

3/1A McHenry St, Murray Bridge SA

### **Limestone Coast**

12 Crouch St Sth, Mt Gambier SA

### **APY Lands**

Pukatja, SA

## CONTACT

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