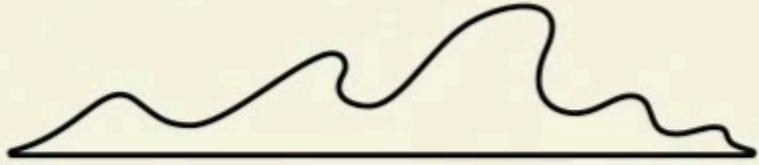
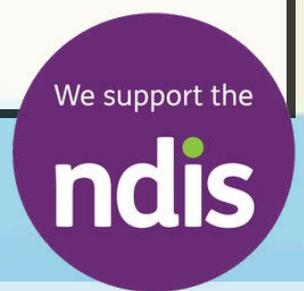




SEE MENTAL HEALTH DIFFERENTLY



# GROUP PROGRAMS 2026



Mile End • 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 providing opportunities for individuals to advance their recovery and prevent relapse through managing their wellness. These groups offer a space for participants to build skills, develop friendships, feel accepted, and connect with the community. Our friendly and approachable staff support participants in engaging with a range of available programs.

Our services are thoughtfully designed to include time for setup, planning, and debriefing within the overall activity schedule. For example, a bowling session runs from 1:30 to 4:00, encompassing time for gathering, preparation, travel, the activity itself, regrouping, and debriefing.

Participation requires orientation to the program. Limited non-NDIS places are available, or access via an eligible NDIS plan. \*Normal cancellation rules apply.

## THERAPEUTIC GROUPS

Skylight facilitates a range of Therapeutic Groups, including Acceptance and Commitment Therapy (ACT), Dialectical Behavioural Therapy (DBT), Art Therapy, Sound Minds, and Yoga.

These groups are designed to support individuals experiencing stress, anxiety, depression, or hearing voices. Sharing your experiences and listening to others' stories can offer numerous opportunities for growth and healing. Some of the benefits of Skylight therapeutic groups include:

- Knowing you're not alone
- Learning new skills and strategies
- Empowering yourself and 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/timetables](https://skylight.org.au/timetables)**

## 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. View the group timetable [skylight.org.au/timetables](https://skylight.org.au/timetables) or by and book via our customer team on 8378 4100 or [crt@skylight.org.au](mailto:crt@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](https://skylight.org.au/contact-us)

## MUSIC GROUP

Discover the joy of music in our group, where collaboration and friendships flourish. Join us to play, sing, or simply enjoy the harmony of community and creativity. Whether you bring your instrument or use ours, you're welcome in our inclusive, vibrant music circle. Experience the warmth and connection of making music together. Let's create beautiful melodies!



## BASIC GUITAR

Join our basic guitar group and immerse yourself in a supportive environment where you can learn and refine guitar skills and techniques. It's a place to develop lasting friendships and feel a genuine connection to the music community. This group not only fosters your musical abilities but also aids in achieving your social and community participation goals. Skylight offers guitars for use, but you're also welcome to bring your own. Discover the rhythm of community and music with us!



## MUSIC FOR BEGINNERS

Dive into the world of music, whether you're learning a new instrument or honing your singing skills. It's a space for creative collaboration where you can experiment with various instruments, sounds, and songs alongside others. As you develop your musical abilities, you'll also build friendships and enhance your social and community engagement. Feel free to bring your own instrument or use one of ours, and if playing isn't for you, join in by singing along.



## ART GROUP

Join our art group and explore a world of creativity through various art techniques and mediums. This is your chance to unleash your artistic talents, learning new skills that spark your imagination. In our welcoming and diverse community, you'll create new friendships and connect with like-minded individuals. We encourage you to bring your own materials to express your unique vision, and our experienced art teacher is here to guide and inspire you. Don't worry if you don't have supplies — we provide everything needed for each session. Let's paint, draw, and create together!



## COOKING FOR ONE

Embark on a culinary journey with our cooking group, designed to enhance your basic cooking skills through practical techniques. Learn the art of preparing healthy, low-cost meals perfectly portioned for one. As you cook, you'll also have the chance to socialise and develop friendships within our intimate group of four participants. In our hands-on sessions, each member is responsible for their own individual preparation, cooking, and clean-up, ensuring a personalised and fulfilling experience.



# ACTIVITY GROUP PROGRAMS

## 10 PIN BOWLING

Step into the world of bowling with our group, where you can develop and enhance your skills in a friendly and supportive environment. This is a fantastic opportunity to socialise, meet new people, and forge lasting friendships. Our sessions are tailored to boost your social and community participation, making each game a fun and inclusive experience.



## WALKING GROUP

Enhance your health and wellbeing through gentle aerobic exercise. This is a great opportunity to reduce stress and anxiety while improving physical fitness. You'll also have the chance to increase your social and community participation, meet new people and enjoy the great outdoors. Please remember to wear suitable footwear and bring a bottle of water to stay hydrated. Step into a healthier, more connected lifestyle with us!



## WELLBEING GROUP

Join our wellbeing group, where you can experience and learn various styles of meditation. This group offers a unique chance to enhance your health and wellbeing while developing effective coping strategies. It's also a space for socialising, allowing you to connect with others and build friendships in a tranquil environment. Our group explores diverse meditation practices, including mindfulness, breath awareness, and progressive body relaxation.



## OUT N ABOUT

This group offers a unique opportunity to improve your social interactions and skills in diverse community settings. The group is focused on increasing your social and community participation, providing a platform to create and nurture friendships. Join us as we visit various local spots, enriching your experiences through social events. Some events might incur costs payable by participants. Come along and expand your social horizons and enjoy the vibrancy of community life!



## SOCIAL ARTS & CRAFTS

This group offers a wonderful opportunity to engage in a variety of arts and crafts activities, fostering both your artistic skills and social interactions. It's a perfect setting to meet new people, share ideas, and develop lasting friendships through the collaborative and joyful process of creating art. Whether you're a seasoned artist or a beginner, our group provides a welcoming and inclusive environment for everyone.



## GAMES & SOCIAL GROUP

This group offers a unique blend of fun and learning. It's the perfect place to enhance your social skills in an enjoyable, relaxed setting through various games. As you engage in activities like 8-ball and an assortment of other games, you'll not only socialise and form new friendships but also sharpen your problem-solving techniques. Whether you're in the mood for games or just hanging out for a chat, our group caters to all preferences.



## PHOTOGRAPHY GROUP

This group is a fantastic platform for interacting with fellow photography enthusiasts, sharing knowledge, and fuelling your passion for capturing moments. Enhance your social and community participation by gaining hands-on experience in taking photos, editing them, and exploring various methods of displaying and sharing your images. Bring your own device or use one of our DSLR cameras, and take advantage of our indoor studio for photoshoots. Join us to capture life's moments and connect with like-minded individuals!



## WELLBEING & MEDITATION BASICS

This group is an ideal place to enhance your health and wellbeing while developing effective coping strategies. Alongside meditation, you'll have the opportunity to socialise, connect with others, and forge new friendships. Our sessions include basic meditation practices like mindfulness, breath awareness, and progressive body relaxation. Additionally, we offer outings to serene locations like the beach and gardens, allowing you to experience meditation in different community settings.



## COUNTRY WELLBEING

Country Wellbeing provides the opportunity to master new skills in a supportive environment, elevate your wellbeing with practical coping strategies, and connect with others to create lasting friendships.

Dive into a variety of enriching activities including gentle exercise, meditation, self-care tips, mindfulness, personal growth exercises, and community outings, all designed to enhance your overall wellbeing.



## COMMUNITY CONNECT

This group provides the opportunity to enhance your life through engaging activities and meaningful connections. Sharpen your communication skills, boost your social involvement, and embrace creativity with like-minded individuals. Our outings to new places will offer relaxation, the chance to make new friends and explore mindfulness photography—a unique blend of capturing moments while being fully present. It's an experience that promises personal growth and shared joy.



## COMMUNITY HUB

Enhance your social skills and sense of community in a fun, engaging environment. Through games and various activities, you'll have the chance to connect and form friendships, boosting your social participation and feeling more integrated into a welcoming community. Whether you're playing 8-ball, indulging in crafts, gardening, enjoying an assortment of other games, or simply hanging out for a chat, there's something for everyone. Plus, with tea and coffee on us, you'll find the perfect setting to relax and socialise.



## ONLINE ART

Explore the world of art through various techniques and mediums, fostering your creativity and learning new skills along the way. Each week offers the chance to dive into a different art technique, supported by demonstrations and guidance from an experienced art teacher, tailored to your own artwork or ideas. This setting not only encourages personal artistic development but also the creation of new friendships through interactions with a diverse group of fellow art enthusiasts. Conducted over Zoom, you're encouraged to bring your own art materials, allowing for a personalised and engaging experience from the comfort of your home.



## THIS IS ME WITH PRIDE

Boost your social participation and sense of community in this group designed to support the LGBTIQ+ community. This initiative aims not only to enhance your mental health and wellbeing through effective coping strategies but also to foster the creation of meaningful friendships through socialisation with fellow group members. Dive into a wide range of activities and outings that not only support your wellbeing but also help build a strong social network within the LGBTIQ+ community. It's a space where you can truly be yourself, connect with others, and engage in experiences that promote personal growth and community belonging.



# THERAPEUTIC GROUP PROGRAMS

## TRAUMA-SENSITIVE YOGA

This evidence-based programme is specifically designed for individuals living with the effects of Complex Trauma and PTSD. The sessions offer an opportunity to reconnect with your body through gentle movement, guided by a registered Trauma Center Trauma-Sensitive Yoga (TCTSY) facilitator. No previous experience is required, and the programme is open to all genders and physical abilities. Additionally, 1:1 sessions are available.



## ART THERAPY GROUP

Art Therapy is a form of psychotherapy that utilises creative modalities, including art-making, sounds, and movement, to improve and enhance mental and emotional wellbeing. A registered Skylight Art Therapist facilitates the group, fostering a therapeutic atmosphere where participants can safely share their experiences. Additionally, 1:1 sessions are available.



## SOUND MINDS

This group provides a supportive environment for individuals who hear voices, see things that others do not, or hold beliefs and thoughts that might be considered 'unusual.' Our aim is to create a safe and non-judgmental space where Voice Hearers can share their knowledge and personal experiences, while also offering new opportunities for learning and growth.



## ACCEPTANCE COMMITMENT THERAPY

This 6-week group draws on the principles and practical techniques of Acceptance and Commitment Therapy, a highly esteemed approach proven to effectively support individuals dealing with depression or anxiety.

Our skilled facilitators create a therapeutic environment, guiding participants in exploring tools and strategies to better understand and manage challenging thoughts, feelings, and emotions.



## MY WELLNESS LAB

My Wellness Lab is a six week therapeutic group designed to support people to better understand their emotions, build confidence, and develop practical strategies for managing life's challenges. Facilitated by a Skylight counsellor, this supportive mental health group uses principles from Dialectical Behavioural Therapy (DBT) to help participants explore thoughts, emotions and behaviours in a safe and structured environment.





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

100 Adelaide Rd, Murray Bridge SA

### Limestone Coast

12 Crouch St Sth, Mt Gambier SA

### APY Lands

Pukatja, SA

## CONTACT

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