



Cabrini Women's Mental Health

DAY PROGRAMS

Cabrini Women's Mental Health service provides specialised day programs designed to support women in their journey to mental wellness.

Delivered at the Cabrini Specialist Centre – Elsternwick, our aim is to create a safe, welcoming space where each participant can explore their thoughts, emotions, behaviours, and develop new skills to enrich their lives.

PROGRAM STRUCTURE

Our therapeutic groups are compact and intimate, typically consisting of up to 12 participants. This size allows for personal attention, ensuring everyone's needs are met.

Each group is led by one or two experienced facilitators who provide professional support, and guide the therapeutic process.

PROGRAM DURATION

Each of our programs run for half a day, from 9.30 am to 12.30 pm. They include a short break, providing an opportunity to reflect on learning, network with other participants, and enjoy a moment of rest and rejuvenation.

ACCESSIBILITY

All our groups are open, providing a flexible and accessible option for all women. Whether you are looking to join one program or several, our open groups offer you the chance to participate according to your own needs and schedule.

LOCATION

The programs are held at the Cabrini Specialist Centre - Elsternwick. This centre offers an environment conducive to healing and growth, making it the perfect setting for our day programs.

OUR PROGRAMS

Dialectical Behaviour Therapy (DBT) **24 weeks | Tuesdays or Wednesdays**

Experience a journey of self-discovery and self-improvement with our DBT program. Over 24 weeks this group will help participants learn effective strategies for managing emotions and minimising interpersonal conflicts. DBT focuses on four key areas: mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness. DBT creates a supportive environment where participants can acquire new skills, gain insight into their emotional world and improve their interpersonal relationships. This program is ideal for those who wish to better navigate emotional landscapes and foster healthier relationships.

Cognitive Behaviour Therapy (CBT) **10 weeks | Mondays**

Embark on a transformative journey with our CBT program. This evidence-based, structured program focuses on helping you identify and change the thought and behavior patterns that are causing difficulties in your life. Over the course of the program, you'll develop practical skills for managing stress, anxiety, and depression, as well as enhance your overall mental wellbeing. Our professional facilitators guide you through this process, providing a supportive and empowering environment for change.



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Third Wave CBT

10 weeks | Wednesdays

Offered through a convenient telehealth format, this 10-week program integrates techniques from Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Schema Therapy (ST) and Mindfulness-Based Cognitive Therapy (MBCT). Designed for those seeking a holistic approach to mental health, it focuses on acceptance, mindfulness and personal values. In this supportive online space, you'll learn to embrace your experiences and cultivate a mindful and value-oriented life.

Art Therapy

10 weeks | Fridays

Art Therapy is a unique path to self-expression and healing. This program allows you to explore your emotions and experiences through the creative process. Our trained art therapist creates a nurturing environment where you can express yourself freely, without judgment. No art experience is necessary – the focus is on the process and the insights gained, rather than the finished product. Through this program you will discover the transformative power of art.

Acceptance and Commitment Therapy (ACT)

10 weeks | Thursdays

Our ACT program encourages you to embrace your thoughts and feelings rather than fighting or feeling guilty for them. You will learn to accept what is out of your control and commit to actions that enrich your life. This program uses mindfulness strategies along with commitment and behavior change techniques to increase psychological flexibility. This program provides the skills that will help you live a balanced, fulfilling life.

Parenting and Mental Health Program

10 weeks | Mondays

The joys of parenting come hand-in-hand with its challenges. Our Parenting and Mental Health Program is designed to provide support to parents who experience mental health challenges. The group offers a platform to share experiences with other mums and develop effective parenting strategies. Topics covered include attachment, rediscovering self, co-emotion regulation and mental health support skills. Whether you're a new mother or have years of parenting experience, our program offers a supportive space to enhance your parenting skills and create a nurturing environment for all.

Premenstrual Dysphoric Disorder (PMDD) Program

10 weeks | Fridays

Our PMDD Program offers a safe and understanding space for women to learn about and manage this challenging condition. Throughout the program we delve into understanding the symptoms and triggers of PMDD, explore effective coping mechanisms and learn how to implement lifestyle changes that can help you manage the condition. This group is facilitated by professionals experienced in women's health and PMDD, providing you with the necessary support and resources to better manage this condition. You'll gain insight, strategies, and a community of support in our PMDD program.



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