

# Wellness Pathways Program



## HOW WE HELP

We're here to help you on a journey back to feeling well, making sure you have support at each step. Giving you tools and structure that fits your needs will help you take back control and bring stability into your life. Our aim is to make you feel confident and independent as you work towards wellness. With our nurturing and friendly approach, you'll develop the strategies to build positive habits that last and keep making progress.

## WHAT WE OFFER

### OUR SERVICES

#### **Education and Skill Development / Routine Building:**

We help you improve your health by discovering what you're interested in, what you're good at, and where you can grow. With personalised guidance and activities to build skills, we work together to make a plan that helps you build a meaningful routine.

#### **Community Resources:**

Our program links you with various community resources, from gyms to local support groups, we assist you in finding available options to improve your physical, mental, and emotional wellbeing.

#### **Building Support Systems:**

We help you build a network of support in your community, a safe space where you can cultivate relationships, boost motivation, enjoy interactions, and reduce isolation. Whether it's online or in-person, we guide you in creating a supportive environment that helps you stay well.

#### **Goal Setting and Action Planning:**

Together, we set meaningful goals and work on creating actionable plans to achieve them. We break down these goals into smaller, manageable steps to help see the progress you are making while working toward success.

#### **Accountability and Tracking Progress:**

We check in with you regularly and track your progress to make sure you're staying on track. We're here to give you support and encouragement, helping you handle any challenges that come up and celebrating your successes along the way.

**Contact us**

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Click the icon to  
meet the team  
and find out more