

LOCKED DOWN...

TO HELP YOU THROUGH, TO GET SOME FOCUS BACK
AND TO GET SOME POSITIVE THINKING GOING
JOIN **ADA AUSTRALIA** FOR AN ONLINE TOOLBOX TALK
“**KEEPING STRONG IN A COVID WORLD**”

Just 30 MINUTES EVERY TUESDAY through OCTOBER: 10:30 – 11:00am (AEST)

Tuesday Oct 5

Coping With 'Home' – Loneliness, Isolation and Plan for Coping

Tuesday Oct 12

Managing Anger and Finding Positive Thinking

Tuesday Oct 19

Feeling Anxious? Depressed? Tips For Managing Negative Feelings

Tuesday Oct 26

The 'Third Quarter Phenomenon', Keeping Connected and Helping Others

To Register: www.bit.ly/adaa-oct2021