

Mind YourSelf© Program

Personal Wellness and Development

Call for Applications

2010

Are you a Carer? Are you ready to make some positive changes to your life? Do you want to join others on a personal development journey filled with fun and learning? If so, Riverlink Interchange Inc., is giving Carers the ultimate opportunity to participate in a personal development Program.

Mind YourSelf© is a personal development Program specifically developed for Carers. The Program aims to provide you with an opportunity to develop new, or improve existing skills that help you identify and reach personal goals. Whether its to get a new job, enrol in study, improve relationships, get fit and healthy or have a complete “life change” this Program will help you get there in a planned, motivated and supported way.

*Enrolments are strictly limited and potential applicants must apply in writing. You **MUST** obtain an information package before completing your application form. To do this:

- go to Riverlink’s website www.riverlink.org.au or
- call and speak to Marika, Mind YourSelf Project Leader on 0409 076708

Applications close 30th September 2010

*An application is no guarantee of entry into the Program. Specific selection criteria apply and applicants will be assessed for eligibility and entry into the Program