



Optimal Health Program

A free 8 week program to build your confidence

Struggling? Stressed? Worried? Feeling low?

The Optimal Health Program is a self-development program promoting hope, growth and partnership. By the end of this program you will have covered:

- Strategies to optimise and maintain mental health and wellbeing
- An understanding of stress, vulnerability, strengths and strategies
- The identification of collaborative partners and support network
- A plan to maintain mental health, manage stress and periods of illness
- Tools to manage effective change.

All participants receive their own workbook and fortnightly one-on-one coaching session

To be eligible for this program, you must live in the Metro North region and be aged between 18 – 64 years.

Places are limited so if you would like to participate or discuss the program further please contact Neami Strathpine on (07) 3205 6622 or email strathpine@neaminational.org.au.

The program will be held at:

Nundah Neighbourhood Centre : 14 Station Rd Nundah

Next orientation session is on:

Booster session(previous group participants)

The next 8-week program starts on:

Wednesday 16 th May 1:00 pm – 3:00 pm



Neami National ABN 52 105 082 460



The Optimal Health Program was developed by Frameworks for Health, St Vincent's Hospital Melbourne.



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We acknowledge Aboriginal people as the traditional owners of the land we work on and pay our respects to their elders past and present. We welcome and appreciate diversity in all its forms, including staff and consumers, and believe diversity makes our teams, services and organisation stronger.