

# MENTAL WELLNESS TALK (MOVIE THERAPY)



A novel 1hour talk with viewing of movie clips,  
A quick and fun way to learn about mental wellness!

**TOPICS AVAILABLE:**

- ➔ **Take Care of Me**  
Benefits of maintaining good mental health  
Ways to achieve good mental health
  
- ➔ **Building Resilience to Cope with Stress**  
Ways to cope with daily stressors  
Tips on how to build resilience
  
- ➔ **Breaking the Anger Habit (or Anxiety Management)**  
Identification of triggers  
Tips on constructive anger management

Cost per talk: \$300

REQUEST FORM			
	TOPICS	PREFERRED DATE	PREFERRED TIME
<input type="checkbox"/>	Take Care of Me		
<input type="checkbox"/>	Building Resilience to Cope with Stress		
<input type="checkbox"/>	Breaking the Anger Habit		
<input type="checkbox"/>	Breaking the Anxiety Habit		
(Please tick in the box to indicate the talk that you wish to organise)			
Name	: Mr/ Ms/ Mrs _____		
Organisation/ Address	: _____ _____		
Tel/Fax No.	: _____		
Email:	: _____		

Fax this request form to 6343 8463  
For enquiries, please call Ms Patricia Tay at 6312 9671 or email : [pat\\_tay@hopewwsea.org](mailto:pat_tay@hopewwsea.org) from  
HOPE Worldwide (website: [www.sg.hopewww.org](http://www.sg.hopewww.org))