

FREE IN-PERSON WELLBEING GROUP PROGRAMS

SEMESTER 2, 2026 TIMETABLE



Facilitated by
Psychological and
Counselling Services (PACS)



To register for a free group
program or workshop visit:

<https://curtin.info/pacsworkshops>

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TIMETABLE

GROUP PROGRAMS

If you are interested in attending a group, please check our website for registration dates.

Date	Time	Event Name	Event Description
4 August - 13 October (Excluding week 11)	Tuesdays: 1:30pm - 3:30pm	ADHD Support Group 1 (10 weeks) <i>IN PERSON</i> 	The ADHD Support Group aims to provide an environment in which the multiple strengths and resiliencies of students with ADHD are acknowledged and with like minded people, share successful strategies and supports. This semester we are offering two face-to-face groups.
6 August - 15 October (Excluding week 11)	Thursdays: 1:30pm - 3:30pm	ADHD Support Group 2 (10 weeks) <i>IN PERSON</i> 	
Group 1: 15 August Group 2: 19 Sept Group 3: 17 Sept	Saturdays: 9:00am - 3:00pm	20Talk Mental Health Maintenance Workshop (3 FREE one-off sessions) <i>EXTERNAL ORGANISER</i> 	Mental Health Maintenance (MHM) is a free 6-hour well-being literacy training course created by 20Talk to address the existing gap in preventative mental health education. This course equips participants with fundamental skills, enabling them to understand and monitor their mental well-being effectively.

For more information call or email us

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