



Body, Mind & Spirit



Identity & Purpose



Helping you to live life well

Body, Mind & Spirit

Personal and small group reflective and practical support sessions to enrich body, mind and spirit.

COUNSELLING

Professional help with a range of personal, relationship, and behavioural challenges, towards positive change and readjustment.

Services include general counselling, psychotherapy, social work, art therapy, and other recognised modalities. Lifewell also provides Professional Supervision.

MASSAGE THERAPY

Professional remedial, therapeutic, and relaxation massage designed to reduce stress and promote personal wholeness and healing.

NATURAL THERAPIES

Natural solutions to life and health issues. Naturopathy and Clinical Nutrition practitioners.

CHRISTIAN MEDITATION

Online and in person group sessions of reflection and meditation towards managing life stresses and strains.

SPIRITUAL GROWTH

Individual &/or group reflection, creative expression, and mentoring sessions towards personal growth and wholeness.

EXERCISE

Small group sessions for health and fitness.

Identity & Purpose

Small group sessions designed to promote self-awareness and coping skills towards positive life change.

SEARCH FOR LIFE

Identifies the cause of so many life tensions & introduces participants to the healing power of love & acceptance through small group discovery & peer support.

VALIANT MAN

Vital information for every man about his own sexual wiring and how to manage it in a healthy way.

WOMAN TO WOMAN

Develops strategies and skills to bring freedom from the past and positive and lasting changes in relationships.

MAN TO MAN

Focusses on the man and his relationships. Provides encouragement and support in a small group to gain strategies and skills for living life more successfully.

DOOR OF HOPE

For Women survivors of sexual abuse. Support and encouragement in a small group setting. Develop new strategies for living and find healing from the struggles of life.

KIDS WITH COURAGE

A six-week program aimed to strengthen primary aged children (7-11) who are struggling with issues at school, at home or with peer relationships.

MUTUAL SUPPORT GROUPS

Sharing and support from those facing similar life challenges.



Note: Not all services are available at all centres.



Central Broadview
North Gawler
South Clovelly Park
Hills Mt Barker
West Albert Park



 **lifewELL**
physical + emotional + spiritual
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