

## About the Clinic

The Robin Winkler Clinic provides individual and group psychological treatment and neuropsychological assessment for people of all ages and backgrounds. The clinic is linked with the School of Psychological Sciences at The University of Western Australia. At the clinic, provisionally registered postgraduate students undergoing their training in clinical psychology and clinical neuropsychology, carry out assessment and treatment under the expert supervision of experienced clinical psychologists and clinical neuropsychologists.

## Hours of operation

The Robin Winkler Clinic is open from 9:00am until 8:00pm on Monday, Tuesday, and Wednesday, and from 9:00am until 5:00pm on Thursday and Friday. Appointments for the initial assessment session for the program will be scheduled during these hours. Dates and times for when the ME Program will run, vary throughout the year. These are advertised on the Robin Winkler Clinic website or can be provided upon enquiry.

## What are the fees for our service?

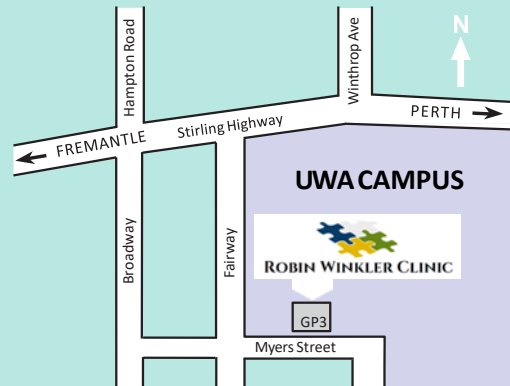
There is no fee for attending the program. Attending the program does first require an initial assessment session to check that the program is right for you.

## What do you do now?

If you would like to attend the next ME program, or you would like more information, please email **clinic-sps@uwa.edu.au** or call **6488 2644**.

### Where to find us

The Robin Winkler Clinic is located on the first floor of the Third General Purpose Building (GP3) on Myers Street, Crawley. Ticket parking is available on Myers Street and Parkway. From Myers Street, walk up the ramp (opposite No.31) to the walkway between the Sanders Building and GP3. Enter through the glass door on the left.



**Robin Winkler Clinic**  
**School of Psychological Science**  
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## The Manage my Emotions (ME) Program



THE UNIVERSITY OF  
**WESTERN AUSTRALIA**

School of  
Psychological Science



## Do you have trouble with managing or coping with emotions like...

- ↘ Anxiety
- ↘ Depression
- ↘ Anger
- ↘ Stress
- ↘ Moodiness
- ↘ Frustration

Do these difficulties interfere with things like work, study, sleep, eating, relationships, socialising, hobbies, etc?

## Would you like to...

- ↘ Learn how to boost your mental health and well-being?
- ↘ Be able to 'bounce back' and cope when stressful things come your way?

**If you answered 'yes',  
then the ME Program  
may be for you!**

## The ME Program

The ME Program is an 8 week group program for adults run at the Robin Winkler Clinic (UWA). It is designed for anyone who would like to learn more about improving their mental health and well-being. The ME program is suitable for people with current mild, moderate or more significant mental health issues, those who may have had mental health issues before and would like to possibly prevent a reoccurrence, as well as those looking to improve their mental health. We are generally taught how to look after our physical health, but may not have had a lot of guidance on how to look after our mental health. The group will run for eight weekly 2-hour sessions and will also involve a one-month follow-up session. You will develop some practical life skills aimed at boosting your mental health and building your resilience.