

Making Sense

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Enhancing communication skills through practical learning

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About the program

The Making Sense program is designed for people who misunderstand or misinterpret what other people are saying. Alternatively, they may be frequently misunderstood themselves.

The program is used to explore emotions and teach skills around emotional communication in an interactive group setting.

The program involves 8 group sessions.

Contact us

Making Sense groups are held at:

- Gailes Community Care Unit, 6 Baker Street, Gailes
- Ipswich Health Plaza, 21 Bell Street, Ipswich.

Ask your treating team about a referral, and for group days and times.

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