

West Moreton Health

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Navigating Happiness

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A four-week practical skill group to help you live a more meaningful and happier life

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About the program

Navigating Happiness is a four-week program that introduces the concepts of Acceptance and Commitment Therapy in a group setting.

In this group, you will clarify what truly matters to you, make process towards a happier version of yourself, and learn new approaches to face the inevitable challenges during your journey.

The groups meet once per week over 4 weeks.

Contact us

Navigating Happiness groups are held at:

- Ipswich Health Plaza
21 Bell Street, Ipswich
(paid parking available)
- Goodna Community Health
81 Queen Street, Goodna
(free parking available)
- Gales Community Care Unit
6 Baker Street, Gales
(free parking available)
- Online via Microsoft Teams

Ask your treating team about a referral.

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