



Discover a more fulfilling life

"I started PLP in a very hard stage of my life. I am extremely grateful for the skills and guidance this program has given me. I will be forever grateful for this program."

— Previous participant

The Salvation Army Australia acknowledges the Traditional Owners of the land on which we meet and work and pay our respect to Elders past, present and future.

We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and wellbeing of people of all ages, particularly children.



Positive Lifestyle Program

for individuals



THE SALVATION ARMY AUSTRALIA

What is the Positive Lifestyle Program?

A practical eight-session course with a trained facilitator who will take you through each of the following sessions:

1. Self-awareness
2. Anger
3. Depression and loneliness
4. Stress
5. Grief
6. Assertiveness
7. Self-esteem
8. Future directions

Who does the Positive Lifestyle Program benefit?

The program is for all people who wish to gain skills and understanding for a more fulfilling life.

Why consider the Positive Lifestyle Program?

The Positive Lifestyle Program encourages you to become a better version of you.

The program can:

- Build self-awareness
- Improve self-esteem
- Help with anger issues
- Assist in surviving broken relationships
- Help with finding or keeping work
- Give strategies to:
 - Manage stress, depression and loneliness
 - Deal with various personal issues
 - Reconnect with community

How do you connect to the Positive Lifestyle Program?

Contact your local Salvation Army service and ask about courses in your area.

You can also request a referral through a social worker, court magistrate, Employment Plus worker or any other Salvation Army Program.

What are the program objectives?

1. Help you develop a sense of worth by gaining a better understanding of yourself and your life
2. Give you an opportunity to be in an environment that encourages you to develop life-improving skills in a positive and reinforcing way
3. Give you the opportunity to apply these strengths and skills to present and future situations
4. Give you the option to explore your inner self and become aware of how to use self-awareness in a positive way

