

HOW TO APPLY TO BE A MEMBER?

YOU ONLY NEED TO FILL IN A MEMBERSHIP APPLICATION FORM.
INFORMATION COLLECTED IS ONLY FOR CONTACT, EMERGENCY AND
ACTIVITIES PLANNING. PRIVACY IS RESPECTED. ALL INFORMATION WILL
BE STORED IN A SECURE AND CONFIDENTIAL MANNER.



BENEFITS

- ONE FREE OFFER OF LIFE BALANCE ASSESSMENT (ONE HOUR) FOR A NEW MEMBER
- ONE FREE MONTH FRIDAY MORNING EXERCISES BY ZOOM FOR A NEW MEMBER
- ACCESS TO LIFE BALANCE PROGRAMS AND SERVICES WITH A DISCOUNTED RATE.
- ACCESSIBLE AND AFFORDABLE MEMBERSHIP FEE
- PRIVILEGE TO JOIN LIFE BALANCE CLUB MORNING TEA
- ACCESS TO E-MAGAZINE, CO-WISDOM

MEMBERSHIP FEE

Entry fee: \$50
Annual membership fee: \$35

ENQUIRIES

E-mail: info@serenitylifebalance.com
Phone: 1300 173 741
Whatsapp: +61 4 0193 9098 WeChat: SerenityLB
Website: www.serenitylifebalance.com
Facebook: <https://www.facebook.com/serenitylifebalance/>

Serenity Friendship Club Membership Information

1 JULY 2023

INTRODUCTION

Serenity Life Balance was established on 2nd September 2015 by Amy Yuen the founder, an experienced social worker, and a Buddhist. She witnessed that the community has increasing needs to support mental health. The triggering of mental health is mainly caused by stress, social isolation, loneliness, lacking family and social support, adversely causing negative impacts on life, and forming a vicious cycle of deteriorating mental health.

Embracing the vision of **VOICE – Value, Optimism, Integrity, Connection and Empowerment**, Serenity Life Balance aims to support individuals and members of the community to restore their life balance so that they can achieve and maintain a better quality of life.

Serenity Friendship Club provides a very good opportunity for people in the community disregarding their ages, ethnicity, gender, religious backgrounds to meet new friends and learn from each other.

SERENITY LIFE BALANCE SERVICES OFFERING

Life Balance Education

Life Balance Consultation

Life Balance Support Services

(For details, please refer to www.serenitylifebalance.com)

MEMBERSHIP ELIGIBILITY

- All ages are welcome.
- Referred by Serenity Life Balance Staff/ club members.
Or
Invited by Serenity Life Balance Staff
- Approved by Serenity Life Balance committee.

ALL MEMBERS ARE ENCOURAGED TO:

- have a keen interest in joining and participating with life balance activities and programs.
- have willingness to connect with others and being open-minded.
- value and accept diversity.
- have passion to support others.
- have a keen interest in learning for personal development and growth.
- have an interest in supporting and participating with community growth and development.