

Mindfulness & Stress Reduction



This highly successful program is back!

This is a four week course that will help you understand stress and introduce you to enjoyable, practical skills to manage it.



When

Consecutive Wednesdays:
Sept 27th, Oct 4th, 11th & 18th
10.00am -11.30am

Where

Andrew Love
Supportive Care Centre
Group room

Week 1 - Understanding your stress & mindful breathing

Week 2 - Exploring your senses and what calms you

Week 3 - Mindful ways to manage your thoughts & feelings

Week 4 - Five pathways of caring for yourself

Facilitated by:

Anne-Maree McCarthy (Psychologist) & Richard Pekin (BH Volunteer).

To book:

Contact Deanne Linde,
Supportive Care Centre Coordinator **Ph: 4215 3831**

