



Mindfulness Based Stress and Anxiety Program

4 Week Group Program

New Commencing Date TUESDAY 12th March 2019

Mindfulness is a gentle approach but powerful way of learning to pay attention. This program is an introduction to the practice of informal and formal mindfulness to help reduce stress and manage anxiety.

In this 4 week group, you will learn how to become more aware of how your mind works, acknowledge when unhelpful thought and behavior patterns arise, and learn strategies to assist with intense feelings and sensations in the body associated with stress and anxiety.

Fee: \$80 / \$60 ARCVic Members

Dates: 4 x 1.5 hour sessions New starting Date TUESDAY 12th March:
March 12, 19, 26 & April 2nd

Surrey Hills

Venue: ARCVic, 292 Canterbury Road

Time: 10.00-11.30am

OR

Surrey Hills

Venue: ARCVic, 292 Canterbury Road

Time: 6.00-7.30pm

For further information or to register contact the
ARCVic Office – 9830 0566 or Helpline – 9830 0533 / 1300 269 438
email - rtsatsis@arcvic.org.au web: www.arcvic.org.au