



## Mindfulness Based Stress and Anxiety Program

4 Week Group Program

### Starting Friday November 8th 2019

Mindfulness is a gentle 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.

**Dates:** 4 x 1.5 hour sessions: Friday November 8, 15, 22 & 29

**Time:** 10.30am-12pm

**Venue:** Anxiety Recovery Centre Victoria, 292 Canterbury Road, Surrey Hills

**Fee:** \$80 / \$60 ARCVic Members

For further information or to register contact the  
ARCVic Office – 9830 0566 or Helpline – 9830 0533 / 1300 269 438

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