

Alleviating Anxiety

February-March 2012

Interested?

Call Anna or Ben

Bookings Essential

Phone: 83784100

or e-mail:

annab@mifsa.org

ben@mifsa.org

5 Cooke Terrace
WAYVILLE SA 5034
P. O. Box 310
MARLESTON SA 5033




We will work in small groups to:

- ★ Better understand anxiety and stress
- ★ Share ideas with others who have similar experiences
- ★ Learn strategies and techniques to reduce the impact of anxiety on physical and emotional wellbeing
- ★ Learn strategies for dealing with unhelpful or excessive worry
- ★ Look at the links between thoughts, feelings and behaviour
- ★ Practice relaxation and mindfulness
- ★ Get in touch with what really matters in life

These groups will run for 2 hours, including a break for refreshments, over six weeks.

The focus is about thriving, not just surviving

LOCATION	DATES	DAY/TIMES
Level 1 Education Centre Modbury Hospital Modbury  <small>Adelaide North East Division of General Practice</small>	31st Jan— 6th March	Tuesday 2pm-4pm
MIFSA 5 Cooke Terrace Wayville	3rd Feb — 9th Mar	Friday 10.30am-12.30pm