

Mindfulness in Daily Life for Stress and Anxiety

A 6 Week - Mindfulness Course

WHAT:

- Week 1: Introduction to Mindfulness
Week 2: Stress Management
Week 3: Mindful Self-Compassion
Week 4: Mindful Living and Values
Week 5: Mindful Emotions and Thoughts
Week 6: Mindful Gratitude and putting it all together



Facilitator: Kelli Travers, a clinical psychologist and mindfulness teacher who has been practicing mindfulness in her own life for a number years. Kelli is inspired to assist you to cultivate a mindfulness and self-compassion practices in to your own life.

WHEN: Wednesdays 6pm to 7.30pm

DATES: August 17th, 24th, 31st, (week break), Sept 14th, Sept 21st, Sept 28th

WHERE: Coomera Clinic, 2 Fortune St, Coomera;

WHO:

- Adults over 18 years old
- Individuals with anxiety disorders and stress-related issues
- Individuals who have an interest / curiosity in mindfulness

Exclusion criteria:

As we will be doing brief mindfulness meditations, the following client groups are excluded:

- Severe mental health disorders (psychosis and manic symptoms)
- Active trauma symptoms
- Suicidal ideation

Cost:

The cost is \$65 per session for six weeks

With a MHCP group referral, a rebate of \$31.65 will apply [out-of-pocket expense = \$33.35]

A discount will apply if full cost of group is paid up-front = \$360

Bookings:

To secure your place in the group, a deposit of \$65 is required at the time of booking. This deposit is forfeited if there is a non-attendance to one of the sessions, otherwise, the deposit will be allocated as payment for the final group session. No additional deposit is required when the client pays for the total cost of the group upfront.

Please see Reception or

Phone 5551 0251 to make your booking.