






Overcoming Anxiety

PROGRAMME:

Explore the causes of anxiety and learn how to recognise its patterns, what keeps it going and how to change unhelpful thought processes.

Learn new relaxation and calming techniques to lift your wellbeing.

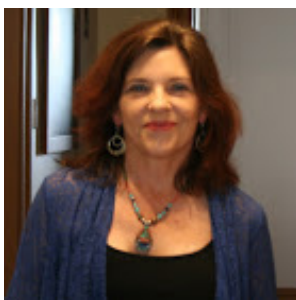
-  **STARTS** Monday, 18th September
- ENDS** Monday, 16th October
-  **TIME** 6:30pm to 8:00pm
-  **LENGTH** 5 Weeks
-  **WHERE** Norman King Community Hub,
65 Pearn Crescent, Northcote
-  **COST** \$95 (**Free with Doctor's referral**)



LIMITED PLACES

Enrolment and pre-payment is essential.

About Julie Walker



Julie is a qualified Counsellor who holds a BHSc in psychology (First Class Hons), and a Post Grad Dip in Narrative Therapy. Her key areas of therapeutic interest lie with those experiencing anxiety, depression or loss, and she has a particular interest in the helpfulness of group work for these concerns.



**20% Discount for Community Service,
Gold card holders and Students**

For more information and registration, please contact **Raeburn House:**

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