

## Quick Overview

Commencing Tuesday 24 April 2018

5.45pm – 7.00pm over 6 weeks (subject to numbers)

The what why and how of mindful awareness. Focusing on integrating psychological strategies in day to day life this program is for those new to secular mindfulness as well as experienced practitioners. It aims to support wellbeing, mood management and personal growth. Mindfulness is part of many current therapies and a useful aspect of any wellbeing plan. The first step for making choices is mindful awareness. With awareness we can take **the next step** to change behaviour and overcome hurdles, in line with our values and goals.



## Program Facilitator

**Judy Robinson**

*Clinical and Counselling Psychologist*

Professional development as a Mindfulness Facilitator has included MBCT teacher training with Monash University; MBSR Professional Training Retreat with Jon Kabat-Zinn, Sydney; Insight Dialogue training with Gregory Kramer; participation in teacher-led silent meditation and retreats; and in a number of local and international mindfulness professional and academic networks.

## To Make a Booking

To book for this particular group program, find out more information or to enquire about other group sessions, please feel free to contact Andrea Armstrong at [groups@lakesiderooms.com.au](mailto:groups@lakesiderooms.com.au) or phone 5562 0466 or 0430 433 071.

## Program Details

The group meets for 1 hour and 15 minutes once a week for 6 weeks. We will focus on exercises and practices aimed at bringing present moment awareness into day to day life. There will be opportunities to attend follow up groups. A commitment to home practice is essential.

**Cost: \$60.00 per week over 6 weeks. Medicare rebates of \$31.65 per week available for those with a Mental Health Care Plan**