



HOBART COUNSELLING

Help when you need it most

Mindfulness for Smokers

Do you want to stop smoking? Then this is for you!

Come along and learn about Quitting
in a supportive and friendly group environment

Learn Mindfulness Quit Smoking Get your life back!

Dates: Tuesdays: August 5th, 12th, 19th, 26th, September 2nd, 9th, 16th, 23rd.

Times: 5.30pm-8.00pm

Venue: Catholic Centre, 271 Sandy Bay Road, Sandy Bay.

Fee covers: 8 group sessions, assessments, notes, CDs, refreshments, GST
3 individual sessions including pre-course interview

Cost: Enrol by 21st July - \$540 Concession card \$490
Enrol by 14th July - Early Bird \$490 - save \$50!

To Apply: Complete enrolment form & submit with payment by dates above
Pre-course interviews will take place between Mon 28th July & Fri 1st August
We will contact you to arrange your time

Numbers limited so don't delay

Inquiries and contact details:

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PO Box 907, Sandy Bay, TAS 7006

pauline@hobartcounselling.com

www.hobartcounselling.com

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