



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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Mindfulness for Smokers

'Between stimulus and response, man has the freedom to choose' (Covey, The 7 Habits ...)

Do you want to:

- ◆ Stop smoking?
- ◆ Be healthier?
- ◆ Save money?

Mindfulness for Smokers

Mindfulness for Smokers is a group course to help you stop smoking. It gives you valuable information about smoking and teaches Mindfulness meditation and other self-management skills.

We explain crucial aspects of addiction. You will better understand how people get 'hooked' and why it is so hard to quit. We show you things that can help you. Mindfulness skills are especially effective in managing the process of quitting.

You also learn other valuable skills, such as assertiveness and dealing with difficult situations. These are crucial to managing life well, especially when we are under stress. Quitting often poses additional challenges. Having the right tools ready to manage them will help you succeed.

Mindfulness

Mindfulness is the practice of paying attention in the present moment to whatever you are doing or experiencing. It is fully accepting whatever *is* rather than having your attention on other things.

This practice gives you the ability to deal with life in more direct, positive ways. We become much more capable of doing the things we want to do and getting more out of life.

Mindfulness helps us manage stress and reactivity. We learn how to deal with difficult situations without reacting negatively. Consequently, we deal with them much more effectively.

Because it helps you manage stress and unpleasant experiences, **Mindfulness** is the ideal practice to use when giving up smoking. We ask you to practice for 30-minutes twice daily during the course and to keep up your practice afterwards. The rewarding results make the time invested worthwhile.

Delivery

Mindfulness for Smokers is delivered in 8 weekly 2.5-hr group sessions. There are 3 assessments and 3 individual sessions, including a pre-course session to inform you and answer your questions.

At each session, you learn and practice new skills. CDs and notes are supplied to inform and encourage you. Smoking and Mindfulness practice diaries are kept so you can chart your progress.

Weekly feedback keeps the group encouraged and motivated. Changing habits is not easy. Dedication and sustained practice brings success. The goal *is* attainable and within your reach!

If you want a new lease on life, to be healthier, save money, be a role-model and learn valuable skills, **Mindfulness for Smokers** is **Your Solution**. Don't delay, apply now!

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