An 8-Week Program in

Mindfulness-Integrated
Cognitive Behaviour Therapy

For
Depression • Anxiety • Stress • Pain

With
Karen Tepper
Psychologist

This program is designed to enhance mental wellbeing and resilience. It is a practical and powerful way to address issues of depression, anxiety, stress and pain.

• Improve your motivation and ability to relax
• Improve your ability to understand the relationship between mental and physical experiences and mood
• Enhance your ability to understand and manage stress, anxiety and depression
• Increase your ability to think more clearly
• Increase your daily effectiveness and productivity
• Improve your sense of well-being

The program provides:
• 1 one-hour pre-group assessment • 8 one-hour individual sessions
• 8 two-hour group sessions • Mindfulness CDs
• Feedback and support • Morning Tea

The program is delivered in a relaxed group setting over eight weeks, during which participants will learn new skills while being supported by an experienced psychologist. Participants are required to make a commitment to the daily mindfulness exercises taught during the program.

2 separate programs commencing:
Tuesday July 10th at 6:00pm and Friday July 20th at 11:00am.

If you are interested in attending this 8-week program, please discuss it with your GP or Psychiatrist, who may be able to refer you under a Mental Health Care Plan. Cost: $265 gap with Mental Health Care Plan.

Bulk billing may be applicable for concession card holders with Mental Health Care Plan.

For more details, please contact:
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