



Can't make this date?
Register your interest
for upcoming
program dates.

School Holiday Workshop, developed and delivered by psychologists.

Using evidence based theories of neuro-science, positive psychology and mindful attention training, this one day group program will help participants:

- Understand the brain, emotions and behaviour
- Develop helpful thinking strategies
- Develop problem solving skills
- Strengthen attention and concentration
- Practice skills in a group setting.

At an outdoor education centre, having FUN!

Register your interest at:

contact@mindwarepsychology.com.au

Phone: 0746 464953



mindwarepsychology

www.mindwarepsychology.com.au

Details:

Date: Tuesday, 6 December 2016

Time: 9am-3pm

Venue: Camp Cooby, Cooby Dam

Details: \$100 (private health fund rebates apply)

Individual sessions available on the day (bulk-billed)

Meals included.

