

MIND YOUR MOOD

2 HALF DAY WORKSHOPS
7 JUNE & 21 JUNE 9.30-12.00



THESE TWO HALF DAY WORKSHOPS ARE DESIGNED TO EXPLORE
WHEN AND HOW YOUR THINKING MIND IMPACTS YOUR MOOD.
THE WORKSHOP WILL ALSO PROVIDE TOOLS THAT YOU CAN
IMPLEMENT TO FACILITATE UNDERSTANDING AND CHANGE FROM
WITHIN YOUR OWN MIND.

FACILITATED BY TANYA BARICH - COUNSELLOR

PLEASE CONTACT CENTRE TO RESERVE YOUR PLACE - 4125 5788