



Windermere®

*everyone is someone
in our community*

Shades

Self Help Anxiety and Depression Education Sessions



An 8 week program based on Cognitive Behaviour Therapy principles to help people with anxiety and/or depression to develop self-management skills to deal with symptoms and prevent relapse. The emphasis is on practising each new skill between sessions.



- For:** Adults experiencing Depression and/or Anxiety
- Dates:** Every Tuesday from 11th October to 6th December 2011 (excluding Melbourne Cup Day)
- Time:** 1:00pm to 3:00pm
- Venue:** Windermere Child & Family Services
48 Webb Street, Narre Warren
- Cost:** \$30 per attended session (rebate of \$20.85 available with referral from GP under a Mental Health Care Plan). \$30 cancellation fee applies per cancelled session (no rebate available).
- To Book & More Info** Contact Counselling Intake on (03) 9705 3200 or email melanie.baptiste@windermere.org.au

This course is not suitable for people at risk of self-harm or experiencing significant suicidal thoughts who may need one to one counselling.