

New Anxiety Management Day Programs

- starting Feb 2012

While normal levels of anxiety contribute to survival & effective functioning, higher levels of anxiety & associated feelings are distressing & debilitating.

Our program will help you:

- Develop effective anxiety management & relaxation strategies.
- Learn to overcome fears.
- Build stress management skills.
- Practise newly acquired skills in a supportive group environment.
- Learn to let go of unhelpful thinking & live in the present.
- Implement positive changes & find purpose through goal setting.

The program runs one day per week from 9.30am to 3.00pm, refreshments & lunch included. Private health insurance recommended.



1-3 Harrison St,
Cremorne 2090

People caring for people



For further information
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