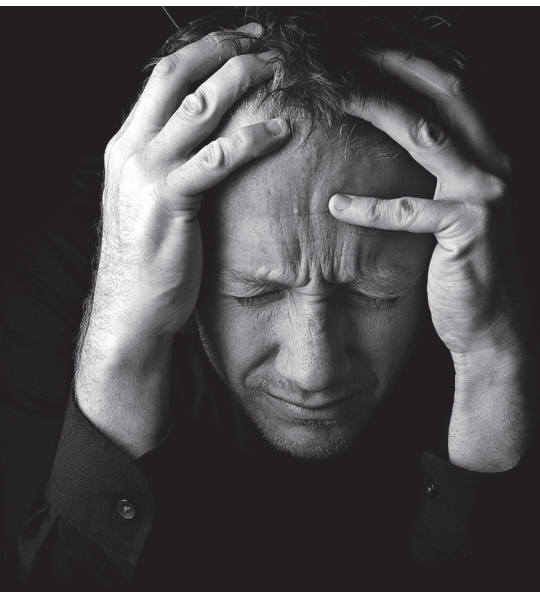


Helping Matters Counselling
and Assessment Centre presents:

DEALING WITH ANXIETY & STRESS THROUGH MINDFULNESS



With Andrew Safer, Mindfulness Instructor, and Judy Kennedy, CCC; Sheila Duggan, CCC

IN THIS MINDFULNESS WORKSHOP SERIES, YOU WILL:

- learn how to relate non-judgmentally to your thoughts, emotions, moods, sensations, and perceptions
- begin to see how habitual thought processes feed anxiety and stress
- acquire tools that will help you stay grounded in the present, even under difficult circumstances
- learn mindfulness-awareness meditation practice and several mindfulness-in-everyday-life practices
- embark on the journey of “making friends with yourself”

OCTOBER 17 - DECEMBER 12

“Mindfulness is the capacity to be alert and open to life experience as it occurs in a non-reactive, resilient, and compassionate way.” – *Susan Kaiser Greenland*

Does it seem like a car engine is always running in the background... there's an endless list of things that you should be doing, and that you'll never get caught up... you multitask, but you're always missing out on something important... you're nervous about the future... you're hemmed in by life's pressures, and there's never time to take a break?

INTRODUCTORY SESSION:

Thursday, October 17th 7:30 to 9:30 pm - \$25
Balance of workshop series: every Thursday (same time)
until December 12th except October 31st - \$175



Helping Matters, 71 Casey Street

Call **579-2000** or e-mail **info@helpingmattersnl.ca**

Registration deadline: October 14th