



We are very pleased to announce that we have a range of new mindfulness programs on offer throughout Tasmania until June 2018, that are accessible even to those living remotely or unable to leave their home.

For those who are unable to fund a course themselves (this is a self-selected decision), Primary Health Tasmania have funded a range of face to face, online or phone courses and adapted workshops to be run throughout Tasmania.

Our courses are suitable for adults who are experiencing or at risk of stress, anxiety or depression and/or living with chronic pain or illnesses. It is not suitable for those who are acutely unwell or unable to participate in a group environment.

For 2017 we have:

- Devonport (face to face) course in Devonport Oct 16th
- Launceston (face to face) course in Devonport Oct 20th
- Moonah (face to face) course in Devonport Oct 17th
- Latrobe Workshop Oct 15th, Nov 12th & Dec 10th
- Dodges Ferry Workshop Oct 14th, Nov 11th & 25th
- Online Courses Oct 3rd, Oct 10th and a Phone Course starting Oct 19th. New courses are set by demand thereafter.

You are most welcome to pass on the information to colleagues, family members, friends, patients or clients. Self referrals are most welcome and may be made by contacting Psychology Caffè on 6426 3050, Tess Crawley & Assoc on 6331 0577 or for registrations or inquiries Christine on 0488 064 228. Or you can visit our website at www.mindfulnessaus.com.au.