



# *Creating Balance & Wellbeing Workshops*

**This series of 6 workshops is designed to help you create balance and peace in your life.**

**If you are experiencing depression, anxiety, anger, relationship difficulties or have feelings of discontentment and restlessness in life, then this course might be for you.**

**You'll learn to**  
Create lasting change in your life  
Look at where and how to make changes  
Express your emotions in a healthy and constructive way  
Change negative thinking patterns and maintain a positive outlook  
Communicate assertively with the people in your life  
Build your self confidence  
Understand the difference between men and women regarding relationships and emotions  
Create a sustainable healthy and balanced lifestyle

**Starts Oct 23<sup>rd</sup> 2010 for 6 weeks**  
**Saturdays 10am-12pm**  
**At The Sundari Centre, 3 The Esplanade Forest Lake**  
**Cost is \$50 per workshop**  
**(If you get a referral from your GP, Medicare will rebate \$20.45)**

**Places are limited so it is essential to call and book.**

**For more information or to book your place please call  
Liz on 0437 737 904**



***This course is based on Cognitive Behavioural Therapy principles, the most evidence-based therapeutic treatment for anxiety and depression. The course is run by Liz Nelson a qualified Psychologist with over 15yrs experience in the treatment of anxiety and depression and a member of the Australian Psychological Society.***

***Liz has an interest in natural and complementary therapies.***