

Anxiety Disorders Association South East Inc.
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This program is proudly sponsored by
Night Shift Band
Kimberly Clark Australia

- **BASIC PROGRAM (A Great Step Forward)** begins on 21st September 2010
Conference rooms Mt Gambier Hospital from 7pm-10pm.
- **Cost: \$15.00 or \$10.00 concession**
- *(It is a prerequisite to attend the BASIC program if you wish to enroll in the 11 week Mind Over Mood program.)*
- **BASIC PROGRAM (A Great Step Forward)**
- **Course consists of :**
3 hour presentation, incorporating education and awareness of anxiety issues and depression, management skills, imagery, self help tools around lessening the impact of anxiety disorders.

Following on from the **Basic Program** we are able to offer an **11 week program**.

Clients will be required to purchase the Mind Over Mood manual from ADASE at a cost of \$55.00. Included in this price is photocopying as well as other costs incurred during program, the book remains the property of the purchaser.

- **“ A Great Step Forward, Mind Over Mood”** to those who wish to continue
.This is provided by a recovered sufferer and a health worker.
- The program is recovery based and orientated, providing the client with information around;
- Understanding of thoughts, moods, and feelings.
- Provision of skills to enable the client to see how these thoughts interact and impact into their own life.
- Cognitive Therapy around dealing with thoughts.

Please turn over

A Great Step Forward Mind Over Mood program

A Great Step Forward Mind Over Mood program will be held on the following dates;

- Please pay special attention to the dates before considering enrolling.

Night sessions.

Held on a Tuesday evening at 7pm-10pm

Mt Gambier Hospital. Wehl St Mt Gambier.

- September 2010

- 28th Mind Over Mood program begins

- October

- 5th, 12th, 19th 26th

- November

- 2nd, 9th, 16th, 23rd, 30th

- December 7th

Follow up sessions will be held on a Wednesday night March 2nd & June 15th.

Day Sessions.

Held on a Thursday 9.30am-12.30pm. Flinders Rural School of Medicine, Vivienne Street Mt Gambier.

September

- 30th,

October

- 7th, 14th, 21st, 28th

November

- 11th, 18th, 25th,

December

- 2nd.
- 9th
- 16th

- Follow up sessions 10th March & 23rd June.

Please consider the dates carefully when enrolling as missing one week will affect the group dynamics, and will definitely influence the success rate of your recovery.

- Enrolments for the 11 week program will be accepted at Basic Program on 21st September 2010.

Kind regards,

Helen Williams (C.E.O. ADASE)