



MINDFULNESS GROUP

Mindfulness Based Cognitive Therapy (MBCT)

Tuesdays 5-7pm for 8 weeks
Cost: \$490 (plus assessment)

Hurstwood Clinic
Level 1 (upstairs)
16a Toorak Road,
South Yarra, 3141

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Depression, anxiety and other mental health issues can be debilitating. People who suffer from these illnesses can feel stuck and unworthy, needing help to recover.

Mindfulness Based Cognitive Therapy (MBCT) is an effective treatment for people who battle with recurrent episodes of depression or anxiety disorders. The 8 week group involves training in mindfulness learning practical skills to pay attention to the present moment in a non-judgmental, curious way.

Mindfulness training is about experiencing life from the present moment leading to increased awareness of thoughts, feelings and body sensations, in order to relate to them differently, cultivating kindness and equanimity.

This leads to improvements in mood, lower anxiety, better sleep and greater self-compassion. The group is a friendly and supportive place for people to explore a new way to relate to themselves and others.