

# 2013-2014 Wednesday Evening Psychology Workshops

A NEW series of workshops designed to address common psychological challenges faced by people affected by HIV. Workshops are based on Cognitive Behaviour Therapy and Mindfulness and will be facilitated by members of The Albion Psychology team. The aim is to inform and to introduce effective evidence-based psychological skills. Attendance is FREE

HIV and:	Date
Giving up cigarettes	6 <sup>th</sup> November
Depression	20 <sup>th</sup> November
Anxiety and Stress	4 <sup>th</sup> December
Good habits for better sleep	18 <sup>th</sup> December
	2014
Improved Couple Communication	12 <sup>th</sup> February
Adjustment to HIV: Emotions, Disclosure and Safe Sex	26 <sup>th</sup> February
Distress Tolerance	12 <sup>th</sup> March
Mindfulness Skills	26 <sup>nd</sup> March

**Start: 5.30pm      Finish: 7pm**

**Place: Meeting Room Corner of Crown and Albion Streets Surry Hills**

If you would like to register please call Psychology Intake at Albion 93329600. Leave your name and number and nominate which workshop(s) you wish to attend.