

2014

PSYCHOLOGY WORKSHOPS

WEDNESDAYS 5.30PM

EACH WORKSHOP WILL BE 2 HOURS IN DURATION.
WORKSHOPS WILL BE HELD IN THE ALBION CENTRE
MEETING ROOM CORNER OF CROWN & ALBION ST,
SURRY HILLS

HIV AND:

DISTRESS TOLERANCE	12TH MARCH
MINDFULNESS SKILLS	26TH MARCH
DEPRESSION	7TH MAY
GIVING UP CIGARETTES	21ST MAY
GOOD HABITS FOR BETTER SLEEP	4TH JUNE
ANXIETY AND STRESS	2ND JULY
ALCOHOL AND DRUG USE	16TH JULY

For further information please contact
Albion Psychology Unit intake ph: 9332 9600

THE **ALBION** CENTRE
PARTNERSHIPS IN HEALTH