



Mindfulness

### Topics include:

- Understanding mindfulness; a practice to shift focus from 'what has happened in the past' and 'what may happen in the future' to 'what is happening right now'.

Relaxation and Stress Management is a one day group program designed to introduce you to mindfulness - a strategy to assist in the alleviation of a variety of moderate physical and psychological conditions such as pain, stress and depression.

Our next program is:

Registration closes:

To register for this program, call **1800 011 046**, or visit **OpenArms.gov.au** and search for 'Stress and Relaxation'.