

Depression and Anxiety Healing your Mind



The human mind is amazing, but when things go wrong it can be crippling. People may experience burn out, depression, anxiety, flashbacks, their thinking can be disordered, they may act out with alcohol, drugs, gambling, shopping, eating, power, they may hurt themselves or others. Most people know deep inside when they need to heal. Our award winning, best practice map of loss program show people how to heal their mind. We use activities that create connections between the right and left hemispheres and conscious and unconscious processing. People do not need to talk about themselves.



Through art, music, stories, pictures, movement and language learn how to heal.



Using the Map of Loss:

- We will look at how events in your life or history affects you today.
- We will show you a way through your heartache, pain and suffering.
- We will look at how anger affects your thinking and actions and how to let go.
- We will look at whatever you need to help you find a way to heal
- We will have fun, sadness and laughter and you do not have to say a word about yourself.



Art from workshops



When people are shattered, flat or frail they take energy from the family or community. When people are healthy or robust they can support other people. Take the first step and heal the pain.

Next workshops:

Six day: *For people who are emotionally mentally shattered or flat*
Date: Thurs, 14, 21, 28 May, 4, 11, 18 June
Time: 10am to 2.30pm
Cost: \$1,000

Venue: Serenity Centre
 9 Hopevale Place
 Erskine WA, 6210.

Register online or by phone

Two day intensive: *For people who are emotionally mentally frail or flat*
Date: Thurs, Friday 16/17th July 2015
Time: 9am to 4.30pm
Cost: \$500

Payment in full required 10 days prior to start date. 4 May 2015 or 6 July 2015.

Places strictly limited.