



Stillness Meditation for Children and Adolescents.

Why?

- This is a simple and effective way to manage anxiety, tension and stress.
- The response is from the young person's own natural reserve of strength.
- The likelihood of future anxiety or stress reaction is prevented or lessened.
- The practice leads to wider benefits
 - improved coping ability / resilience
 - better concentration and competency
 - new respect for self and others
 - increased insight and creativity

At Pauline McKinnon's Stillness Meditation Centre

Children and Adolescents are offered private sessions which may be individual, child and parent, or family.

In Schools

We offer programs or sessions for both Primary and Secondary levels, the duration and frequency of which can be tailored to meet different school, class or group requirements.

We are currently involved with St. Joseph's Primary at Black Rock and Balwyn High School.

The school community at St. Joseph's have made a long term commitment to incorporating Stillness Meditation in curriculum.

Every child and teacher is familiar with the practice of sitting quietly in silence. Restlessness, distraction and fatigue transform into an atmosphere of calm which flows into all aspects of home and school life.

There are also opportunities for discussion, storytelling and activities which underpin current educational social and mental health programs.

Yr. 10 students at Balwyn High explore the nature of stress and anxiety and experience Stillness as part of their yearly Health Day.

Special Event

"Cool 4 School" January 2010

Three morning sessions prior to the start of the new school year will empower secondary age students with increased awareness and understanding of anxiety and how to manage it.

A small group experience with an emphasis on being at ease.

Ring Kaye 0410 347 527 for details.

Services at the Centre and in schools are conducted by:

Francine Cockerill – Accredited Meditation Practitioner, Psychotherapist, Counsellor and Artist.

Kaye Hakopian - Accredited Meditation Practitioner, Counsellor and Special Education Teacher.



COOL 4 SCHOOL 2010

SECONDARY Students (Incl 2010 Year 7's)

Explore & experience how to:

- Reduce anxiety and nervous tension
- Manage stress
- Enhance concentration, creativity, confidence

Three sessions with Kaye Hakopian, experienced Special Education Teacher, Counsellor and Stillness Meditation Practitioner

Venue: The Stillness Meditation Centre
146 – 148 Harp Road Kew 3101

Dates: January 2010
Monday 18th, Tuesday 19th and Thursday 21st

Times: 10:30am for 10:40 start to 12:30pm

Cost: \$60 per session or \$120 full course of 3 sessions

Bookings & Enquiries: Phone 9817 2933 or 0410 347 527

Cool 4 School 2010

Name.....Age.....

Address.....

Tel.....Mob.....Email.....

Cheque or Money Order (please make cheque payable to P.G. McKinnon) or

Credit Card Number.....Expiry Date.....

Name on card.....Signature.....