



The Anxiety Disorders Association of Victoria Presents

Parenting Support Strategies

How Stillness Meditation Can Reduce Anxiety

A Lecture with Francine Cockerill & Kaye Hakopian
From the Pauline McKinnon Stillness Meditation Centre, Kew

At this Lecture you will:

- Learn how Stillness Meditation can have a profound effect on managing anxiety
- Learn why Stillness is so effective in helping young people manage their anxiety
- Discover the wider benefits of Stillness Meditation
- Share an experience of Stillness

Francine and Kaye are qualified Stillness Meditation Practitioners (accredited with ATMA), each with more than 10 years experience working with adults, adolescents and children. They offer services both at the Stillness Meditation Centre and in School settings.

Francine is a qualified psychotherapist with a background in Arts/Design integrating art as therapy in her practice. She has a special interest in working with parents and children.

Kaye is a qualified Special Education Teacher and counsellor with experience in Child and Adolescent Mental Health Services.

Thursday 29th April 2010

7.30pm-9.30pm

Grattan Gardens Community Centre (Community Hall)

40 Grattan St, Prahran

Cost:

\$10.00 ADAVIC members

\$20.00 Non-Members

Bookings:

Phone: ADAVIC (03) 9853 8089

Email: adavic@adavic.org.au

Website: www.adavic.org.au

Proceeds from this event help to maintain ADAVIC support services

BOOKINGS ESSENTIAL!

Monies non refundable

Note: a \$2 surcharge fee will apply to invoices



LECTURE BOOKING FORM
Anxiety Disorders Association of Victoria, Inc.
ABN 70 607 186 815
Ph: (03) 9853 8089

I would like to attend the following lecture:

- "Parenting Support Strategies: How Stillness Meditation Can Reduce Anxiety" – Francine Cockerill & Kaye Hakopian, Thursday 29th April 2010.
Cost: \$20.00 non-members, \$10.00 ADAVIC Members

Please Complete the Following Details

No. of people attending: _____

Name / s: _____

Address: _____

Phone: _____

Email: _____

Mailing List: Yes / No

How did you hear about the event?

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Amount: _____ [NOTE: All credit card payments attract a **1.95% surcharge fee** and this is added at the time of transaction.]

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- Cheques to be made out to *Anxiety Disorders Association of Victoria*.
- Please return this Payment Form via email to adavic@adavic.org.au
- Or post to:
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