



Workshop - Payment Form



Anxiety Disorders Association of Victoria, Inc.

ABN 70 607 186 815

Ph: (03) 9853 8089

▶ I would like to attend the following workshop:

Mastering Anxiety Saturday 18th October 2008 10.00 am to 4.00 pm

By PAULINE MCKINNON, AUTHOR OF In Stillness Conquer Fear

Cost: \$75.00 Non-Members

\$55.00 ADAVIC Members

\$55.00 Early Bird Price - to be paid by Friday the 29th August, 2008

Balwyn Community Centre, 412 Whitehorse Road, Surrey Hills

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?

Credit Card Details

Name on Card: _____

Credit Card Type: Visa MasterCard Bankcard

Credit Card No:

CVV Number ___ ___ (last three digits on the back of your credit card)

Expiry Date: ___ / ___

(Circle amount): \$76.46 OR \$56.09 Early Bird Price and ADAVIC Members only

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

Signature:.....

Return to:



- 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:
ADAVIC, P.O. Box 625, Kew. Vic. 3101.

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Mastering Anxiety

Learning how to let it go!

A WORKSHOP WITH PAULINE MCKINNON

AUTHOR OF *In Stillness Conquer Fear*

In 1983 Pauline McKinnon recovered from 8 years of agoraphobia and told her inspirational story, *In Stillness Conquer Fear*. This book led the way to today's awareness of anxiety disorders. Through her writing and her work as a therapist Pauline has helped thousands throughout the world to find recovery. She is the founder and principal of the Life Development Centre in Kew specialising in assistance for stress, anxiety and depression and she continues to lead the field in meditation practices, with programs now available in schools. From a wealth of experience and a history of exceptional outcomes for her clients she will present her annual event for ADAVIC.

At this Workshop you will

- learn from Pauline's experience of agoraphobia
- understand the anxiety trap and how to escape it
- discover new things about 'you'
- experience an introduction to Stillness Meditation Therapy

Saturday 18th October 2008

Balwyn Community Centre
412 Whitehorse Road, Surrey Hills
10.00 am to 4.00 p.m.
9.30 am - Registrations



Cost: \$75.00 Non-Members

\$55.00 ADAVIC members

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Morning and Afternoon tea provided but please BYO lunch and a notepad and pen.

Pauline and her team at the Life Development Centre generously donate their time and services at this annual event. All proceeds are directed to fund the work of the Anxiety Disorders Association of Victoria (ADAVIC)

Enquiries and bookings through ADAVIC by calling (03) 9853-8089 or email us for a registration form OR book online through our online bookstore at www.adavic.org.au