Bounce Back Better!

A practical and uplifting workshop that will teach you skills and strategies to overcome anxiety and depression. Learn and develop techniques as well as identify the root causes of your anxiety. For family members and loved ones, learn ways to care for yourself as well as those living with depression.

Presented by medical and clinical professionals as well as individuals who have lived with anxiety and learned ways to thrive not just survive

Venue: Serpentine Retreat Centre
48 Lewis Road
Serpentine

Cost: $50 - includes lunch
Bookings essential

Date: Sunday 17 August 2014

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