



Hearts in Mind

Programs to enhance the wellbeing of carers

Mindful Wellbeing Course

Psychologist and Carers Counsellor Evelyn Bugel will deliver a 9 week course of structured mindfulness meditation. The course is specifically developed for parents and carers who have children with additional needs to reduce anxiety and stress and increase resilience as a mindset for supporting wellbeing.

Venue: Reservoir Neighbourhood House

Day: Thursdays 11:00 -12:30pm

Cost: \$200*- Students and HCC holders (\$300* all others)

*A rebate of \$195 is available for all participants with a Mental Health Care Plan from your GP.

Please contact Lisa or Georgina for enquiries or to register for a course.

heartsinmindproject@gmail.com



Hearts In Mind Project

Proudly Supported by:



Rotary Preston



Evelyn Bugel Psychology



Reservoir Neighbourhood House