

Mindfulness Stress Management Program

Stress is a part of daily life....

Symptoms of anxiety and depression may be a result of ongoing stress.

Learn skills to cope in positive ways !

Discover alternatives to therapy or medication.

Free yourself from the power of negative thoughts.

Increase your ability to manage symptoms of illness and pain.

Find greater enjoyment in your life !!

**This 8 week program runs Tuesday evenings
January 12, 2010 to March 2, 2010, 7pm to 9pm
14550 Dufferin St., King City, Ontario
2 km south of Snowball Corners (Wellington Street), Aurora**

Program Leaders:

**Eke Van der Zee BSW RSW
Barbara Browne BSW RSW**

REGISTRATION FORM

Name _____

Address _____

Phone Number _____ **Cell #** _____

Email _____

Fee - \$299 + 14.95 GST = \$313.95

Payable by cheque Registration closes January 6, 2010

**Eke Van der Zee, 14550 Dufferin St , King City, Ontario L7B 1K5 1-800-353-7726
Barbara Browne, 17 Main St. N Newmarket, Ontario L3Y 3Z6 905-737-8213 OR
289-338-0551**

Cancellation policy - refund available up to January 1st less \$100 administration fee