

# CALMING YOUR ANXIETY

## Join us

If you're tired of feeling stuck, isolated, and drained due to anxiety, it's time to make a change. This 6-week workshop series provides you with tools to better understand and cope with anxiety. This workshop is based on Acceptance and Commitment Therapy (ACT) principles and teaches you new ways of responding to unhelpful thoughts and emotions.

We understand that you may feel apprehensive about attending group sessions due to social anxiety. We assure you that our small, supportive group environment is designed to be safe, non-judgmental, and comfortable for everyone. We're here to help you every step of the way.

### WHAT YOU WILL GAIN FROM THE WORKSHOP:

- A deeper understanding of your anxiety and its triggers.
- Practical tools and strategies to manage anxiety effectively.
- Increased ability to respond to unhelpful thoughts and emotions in a healthier way.
- Skills to live more in the present moment, reducing worry about the past and future.
- Connection with others facing similar struggles, helping to reduce feelings of isolation.
- Enhanced confidence to handle social situations and interactions.

## Contact us

08 9490 2258

info@whws.org.au

www.whws.org.au

2232c Albany Highway Gosnells, WA 6110

women's  
health &  
wellbeing  
services

SOUTH EAST METROPOLITAN

## Book now



## Details

Dates: February 12th - March 25th

Time: 10.00am -12.00pm

Cost Series of 6 - \$90 Conc/\$120 General

Where: Women's Health & Wellbeing Services  
(Suite 7, Level 1 2232c Albany Hwy GOSNELLS)

## FACILITATOR - Elaine

Elaine has over ten years' experience in primary education having worked in the UK and Australia with a focus on special educational needs and inclusion. She is passionate about enhancing the wellbeing and learning outcomes of all individuals. She is excited merging her passion for teaching and learning with counselling skills gained in 2019 upon completion of a Graduate Diploma. In her spare time, Elaine enjoys time spent with family and friends and listening to live music. Qualifications; PGDip Counselling, PGDip Specific Learning Difficulties, PGC Special Educational Needs Coordination and PGC Primary Education

# CULTIVATING SELF COMPASSION

## Join us

Learn to challenge unhelpful thoughts and talk to yourself with a compassionate voice. If you find yourself constantly thinking negative or mean thoughts about yourself, it's time to stop, give yourself a break and cultivate self-compassion. This course will teach you skills to build your self-confidence, set healthy boundaries within relationships and re-parent yourself with self-care. This is a small-group practical course, led by a qualified therapist, in a safe, supportive and inclusive environment.

### FIND YOUR SELF-WORTH!

- Week 1 – Understanding the key elements of self-compassion
- Week 2 – The difference between self-esteem and self-compassion
- Week 3 – Techniques to regulate your emotions
- Week 4 – Challenging unhelpful thoughts and developing a compassionate voice
- Week 5 – Setting healthy boundaries
- Week 6 – Reparenting yourself with self-care routines and rituals

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## Details

Dates: 6th May - 17th June

Time: 10.00am -12.00pm

Cost Series of 6 – \$90 Conc/\$120 General

Where: Women's Health & Wellbeing Services  
(Suite 7, Level 1 2232c Albany Hwy GOSNELLS)

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