

We hope that you can attend each and every session as the information, exercises and participation are important in making the changes necessary to get the best outcomes.

If you are unable to make a session, please contact our office in advance.



The Lakes Centre  
33/20 King Street,  
CABOOLTURE QLD 4510

**(07) 3353 5430**

admin@betterlife.com.au

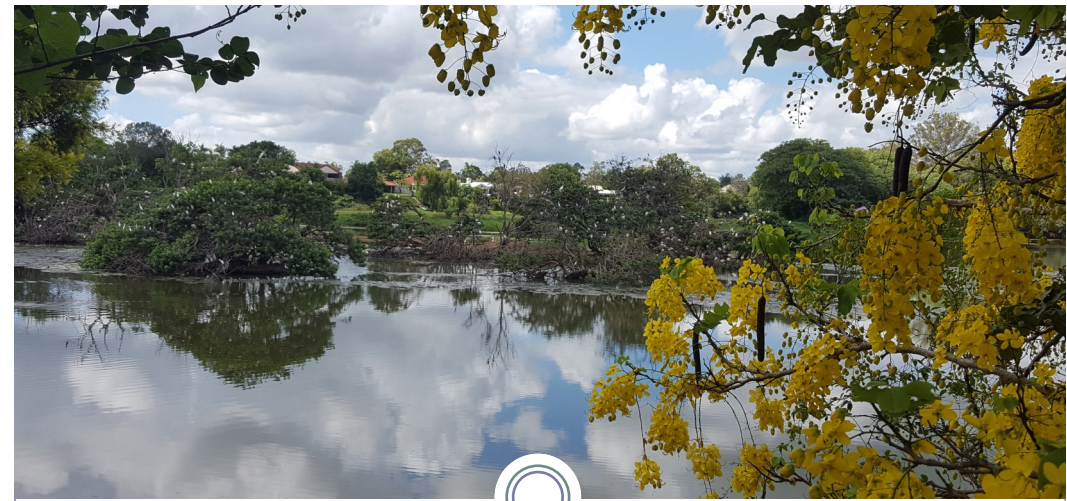
www.betterlifecentre.com.au

**(Free parking in the Centre  
and on Esme St by the Lake)**



Santo Russo established Better Life Psychology in 1999 after a 25-year career focused on human development and education across the lifespan. Before becoming a psychologist his work in early childhood development gave him a solid foundation for his support for individuals, of all ages, in the challenges that they face on a day to day basis.

Visit [www.betterlifecentre.com.au](http://www.betterlifecentre.com.au)  
for more information.



## 8-Week Mindfulness Group Course (Mindfulness Cognitive Behavioural Therapy)

Caboolture

Run by Santo Russo

*Ed&Dev Psychologist, BEd, MPsych (Ed), MACE, FAPS*

This course will provide you with a tool kit for managing thoughts and feelings and teach an accurate and effective understanding of the processes involved.

Suitable for all ages

## Anticipated Benefits of Participating In A Group

Joining a group of strangers may sound intimidating at first, but group therapy provides benefits that individual therapy may not. Psychologists say, in fact, that group members are almost always surprised by how rewarding the group experience can be.

Groups can act as a **support network** and a **sounding board**. Other members of the group often help you come up with specific ideas for improving a difficult situation or life challenge, and hold you accountable along the way.

Regularly talking and listening to others also helps you put your own problems in perspective. Many people experience difficulties, but few speak openly about them to people they don't know well. Oftentimes, you may feel like you are the only one struggling — but you're not. It can be a relief to hear others discuss what they're going through, and realise you're not alone.



## More about the technique

**Jon Kabat-Zin's** success in mindfulness is developing the ability to pay attention in a particular way:

- 1) On purpose, in the present moment; and non-judgementally
- 2) Non-judgement and self-compassion

These methods are key to the changes in values and beliefs that underpin depression and that thoughts are neither 'you' or 'reality'.

During this comprehensive course you will be given tailored Mindfulness audio exercises and resources to complete as you attend each week's class.

## WHEN

Every Monday beginning  
27th March 2017  
1:00pm to 2:30pm



## WHERE

Better Life Centre  
In The Lakes Centre  
33/22 King Street, Caboolture



## COST

GP Brisbane MIND (ATAPS) referral | FREE  
GP Medicare Group Therapy referral | \$30 per session Gap  
Private Health | No referral necessary | \$50 per session



## PARTICIPANTS

6-10 Participants



## TO BOOK

Call: (07) 3353 5430  
Email: [admin@betterlife.com.au](mailto:admin@betterlife.com.au)