



Mind Over Matter Psychological Services

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Revitalising Strategies to Manage Depression, Stress, Anger and Anxiety

A return to the basics and a review of evidence based practical coping strategies to manage depression, stress, anger and anxiety in a small group setting brought to you by your friendly neighbourhood Psychologist – Nav.

When: 16th June 2021.

Session 1: 9:30am to 11:30am

Session 2: 12:30pm to 2:30pm

Where: Mt Druitt Hub, 9 Ayres Grove, Mt Druitt, NSW – ROOM 4

Cost: \$140 (normally \$280)

Rebate available with Mental Health Care Plan

Cost covered by WentWest and Workers Comp

FREE HANDBOOK

Spaces are limited.

Please contact Tania (0411 848 106) or (02) 8896-6066 to make a booking
or email bookings@mindovermatter.net.au