

# MINDFULNESS

## & Creative Journaling:

- Understand how your mind works
- Learn how to handle difficult thoughts & feelings
- Turbo charge your focus, awareness and attention
- Work out what is most important for you
- Learn how to respond rather than react
- Make choices & take action to live life in the way you value most
- Learn how to BE in the present moment
- Learn important life skills for steering you through life's ups and downs



### May

**18-25 year olds**

Tues 4:00-5:30pm 8th, 15th, 22nd, 29th May

### June

**12-17 year olds**

Tues 4:00-5:30pm 5th, 12th, 19th, 26th June

### Where

**10-12 Short St, Port Macquarie**

### Facilitator

Sara Phillips  
ACT (Acceptance & Commitment  
Training)

### Contact

☎ 6588 7300  
sara.phillips@each.com.au

### Cost

**FREE**

