



Fertility and Emotional Well-Being

A mindfulness-based program for women: May 2014

For many women, the experience of having a fertility problem can be one of life's most stressful events. You may find yourself feeling overwhelmed and alone, especially if you don't have adequate support.

Fertility and Emotional Well-Being is a 4 week program which aims to support you on your journey towards emotional well-being and inner peace.

- ♥ Connect with other women who are experiencing similar challenges.
- ♥ Experience the healing power of mindfulness.
- ♥ Learn about some of the best ways to manage stress.

This workshop is led by Francesca Boyd-Russo

M. Counselling & Applied Psychotherapy
B. Education (Adult Ed)
Member of the Australian Counselling Association

Dates: Monday evenings (May 5, 12, 19, 26)

Time: 6pm to 8pm

Venue: Ariadne Counselling, 6A Wetherill St, Leichhardt, NSW

Early Bird Registration Fee: By April 18 ... \$240

Standard Registration Fee: After April 18 ... \$280

For bookings/enquiries: fran@ariadnecounselling.com.au

Bookings are essential as places are limited.