

Free

# Cognitive Therapy Workshop Series. For people with hepatitis.

Free

*“there is nothing either good or bad, but thinking makes it so”  
W. Shakespeare.*

## How to Manage Stress, Anxiety and Depression.

You will experience an introduction to cognitive therapy and learn fundamental, evidence-based techniques used to treat stress, anxiety and depression. Based on the assumption that people are not disturbed by events in their lives but by their belief about those events, cognitive therapy can be extremely empowering.

You will learn relaxation strategies, mindfulness techniques, ways to reduce negative thinking and tolerate distress, and methods to increase motivation to pursue your goals. And you'll also receive a introductory text on cognitive therapy to keep.

The workshop series is conducted on Saturday mornings over six weeks. Refreshments are provided.

<b>Dates:</b>	July 10	9am – 12pm	July 31	10am – 12pm
	July 17	10am – 12pm	Aug 07	10am – 12pm
	July 24	10am – 12pm	Aug 14	10am – 12pm
<b>Venue:</b>	Hepatitis Council, Mezzanine Level, 30 Herschel Street, Brisbane			
<b>Cost:</b>	Free. Funded by the Hepatitis Council of Queensland.			

Please contact us on 3236 0612 or at [reception@hepqld.asn.au](mailto:reception@hepqld.asn.au)  
to find out more and register for the workshop.

**Closing date for registration is July 2.**