

# **Mindfulness Stress Management Program**

**Stress is a part of daily life...  
Symptoms of anxiety and depression may be a result of ongoing stress**

**Learn skills to cope in positive ways !**

**Discover alternatives to therapy or medication.**

**Free yourself from negative thoughts.**

**Feel more in control of symptoms of illness and pain**

**Find greater enjoyment in your life !!**

**This 8 week program runs each Wednesday evening from  
October 14 to December 2, 2009 7pm to 9pm  
14550 Dufferin St. King City, Ontario**

## **Program Leaders:**

**Eke Van der Zee BSW RSW  
Barbara Browne BSW RSW**

## **REGISTRATION FORM**

**Name \_\_\_\_\_**

**Address \_\_\_\_\_**

**Phone Number \_\_\_\_\_ Cell # \_\_\_\_\_**

**Email \_\_\_\_\_**

**Fee - \$299 + 14.95 GST = \$313.95      Deadline October 7, 2009**

**Payable by cheque**

**Eke Van der Zee 14550 Dufferin St , King City, Ontario L7B 1K5**

**1-800-353-7726**

**Barbara Browne 17 Main St. N Newmarket, Ontario L3Y 3Z6**

**905-737-8213 OR 289-338-0551**

**Cancellation policy - refund available up to October 21st minus \$100  
administration fee**