

# Anxiety and Depression Workshop

Incorporating Chair and Laughter Yoga

REGISTER  
YOUR  
INTEREST

## Are You Feeling Alone? You're Not Alone.

Join us for a safe and supportive workshop where we explore practical strategies for managing anxiety and depression. Whether you're struggling or simply want to better understand your mental health, this workshop provides the tools, insight, and connection you need to find relief and hope.

**When** Friday 18th July 2025  
10am - 11:30am  
**Where** Providence Retirement Village  
7 Griffiths Street Bacchus Marsh  
**Cost** Workshop: free

## Take the First Step Toward Healing.

Register Today and Begin Your Journey to Feeling Better.

Workshop held by our accredited mental health social worker.

## What You'll Gain:

- **Understanding Anxiety & Depression:** Learn about the symptoms, causes, and the science behind these conditions.
- **Coping Strategies:** Discover proven techniques for managing stress, anxiety, and depressive feelings.
- **Mindfulness & Relaxation:** Guided exercises to calm the mind and improve mental well-being.
- **Building Resilience:** Learn how to build emotional strength and create positive habits for lasting change.
- **Support & Community:** Connect with others who understand your struggles and share helpful resources.

## Who should attend:

Anyone experiencing anxiety, depression, or those who want to learn how to support loved ones. No prior experience or knowledge is required, just an open heart and mind.

For more information and to register, contact Louise Mayall,  
RN1 (Advisor in Healthy Ageing)

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