

Mental Rest for Mental Health: Creating calm and confident kids! Half-day Interactive Workshop



The **Anxiety Disorders Association of Victoria** presents a half-day interactive workshop for teachers, parents, and practitioners working with children and adolescents with **Pauline McKinnon**, author and psychotherapist

A pioneer in natural anxiety and stress management, Pauline McKinnon has a wealth of experience in working with all age groups. This half day workshop will introduce **Stillness Meditation Therapy** as an effective tool in helping children overcome tension, anxiety and fear. From her awareness of mental health issues across the life span, Pauline's book for young children *Quiet Magic* (1990) followed by her teaching manual *Let's be Still* (2002) opened the way for teaching meditation in schools.

*"From my personalized meditation sessions, books and audios
I have been privileged to see thousands of others conquer fear and fulfill their lives"*

At this workshop, Pauline will share with parents, teachers, counsellors and mentors, her knowledge and skills on how to help children overcome their anxiety and fears, manage anxiety and develop resilience.

Emphasis will be placed on the origin and theory of **Stillness Meditation**, the experience itself and an opportunity for questions to generally gain positive support in introducing this natural life skill to families, children and adolescents.



About Pauline McKinnon

Pauline is internationally known for her signature book, *In Stillness Conquer Fear* (1983) – currently revised and released as a 30th anniversary edition! All those years ago Pauline's story brought anxiety to public awareness as a significant social problem and the book continues to offer hope and support today.

Pauline is a psychotherapist and the Founding Director of the Stillness Meditation Therapy Centre in Melbourne where she and her associates specialise in the pioneering work of the renowned psychiatrist, Dr Ainslie Meares.

Since 1990 Pauline's further books, recordings and presentations have contributed widely to the practice of meditation generally and led to meditation teaching in schools. Pauline also conducts an SMT Teacher Training Course, she assisted in the development of a meditation module with the Australian Catholic University, and has initiated the formation of MAA (The Meditation Association of Australia).

Meditation is rapidly gaining popularity as an effective life-skill. Pauline considers Meares' unique natural 'stillness' approach to be more advanced in its therapeutic value than meditation per se and a fundamental intervention for anxiety reduction, stress management and wellness across the life span.

**Copies of Pauline's book/s and CD's can be purchased at the session*

Half-day Interactive Workshop

Mental Rest for Mental Health: Creating calm and confident kids!

Date	Wednesday 11 th October 2017 10.00am to 2.00pm (9.30am registration)
Presented by	Pauline McKinnon, Author and Psychotherapist
Venue	Kew Library (Phyllis Hore Room) Cnr Cotham Road and Civic Drive, Kew
Additional details	Afternoon tea and snacks provided
Cost*	Standard/Non-members: \$65.00 ADAVIC Members: \$40.00 *ADAVIC does not charge GST
Booking details	Bookings are limited to 45 participants Bookings close 5 th October 2017
How to book	ADAVIC Online Store: http://www.adavic.org.au/product-view.aspx Registration form below
Enquiries	Phone: (03) 9853 8089 Email: adavic@adavic.org.au

Proceeds from this event help to maintain ADAVIC services

ADAVIC is a not-for-profit organisation providing community-based support, information and resources for anxiety and depression



PAYMENT & REGISTRATION FORM



Anxiety Disorders Association of Victoria, Inc.
 ABN 70 607 186 815 | Ph: (03) 9853 8089

I would like to attend the **Mental Rest for Mental Health: Creating calm and confident kids!**
 presented by Pauline McKinnon on Friday 11th October 2017

ATTENDEE NAME(S)		
EMAIL ADDRESS		
POSTAL ADDRESS		
CONTACT NUMBERS	1	2
HOW DID YOU HEAR ABOUT THIS EVENT?		
SUBSCRIBE TO OUR E-NEWSLETTER?	<input type="checkbox"/> YES <input type="checkbox"/> NO	
YOUR LEVEL OF KNOWLEDGE ON THIS TOPIC	<input type="checkbox"/> LOW <input type="checkbox"/> MEDIUM <input type="checkbox"/> HIGH	
DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS?	<input type="checkbox"/> NIL <input type="checkbox"/> VEGETARIAN <input type="checkbox"/> GLUTEN FREE <input type="checkbox"/> OTHER (please specify):	
PAYMENT AMOUNT	<input type="checkbox"/> \$65.00 – Standard/Non-Member x No. of people attending ____ <input type="checkbox"/> \$40.00 - ADAVIC Member x No. of people attending ____ PLEASE NOTE: A 25% administration fee applies for refunds requested before 14 th September 2017. No refunds or credits will be issued after this date.	

PLEASE FIND ENCLOSED:	
<input type="checkbox"/> Cheque / Money Order (Made out to <i>Anxiety Disorders Association of Victoria</i>)	
<input type="checkbox"/> Credit Card details:	
Name on Card:	_____ Amount: \$_____
Credit Card Type:	<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard
Credit Card No:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
CVV Number:	__ __ __ (last three digits on back of card)
Expiry Date:	___ / ___ Signature: _____
SEND TO →	<ul style="list-style-type: none"> • Cheques to be made out to <i>Anxiety Disorders Association of Victoria</i> • Please return this Payment Form via email to adavic@adavic.org.au • Or post to ADAVIC: P.O. Box 625, Kew, VIC 3101 • Or fax to: (03) 9853 8021

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