

The Anxiety Disorders Association of Victoria Presents

'WORKING IT OUT'

A ONE-DAY WORKSHOP FOR SUFFERERS OF ANXIETY

BEV AISBETT



AUTHOR OF
'LIVING WITH IT'
&
'TAMING THE
BLACK DOG'

When: Saturday, 3rd May, 2008. 10.00 am to 4.00 p.m.
Where: Louis Joel Arts & Community Centre, 5 Sargood Street, Altona.
Cost: \$120.00 (Early Bird Price \$95.00 if paid by 28th March 2008.)
\$95.00 for ADAVIC Members
Bring your own lunch – morning and afternoon tea provided.

This one day seminar provides an important opportunity for sufferers of anxiety to gain insight and a comprehensive overview of the effective management of anxiety based on proven techniques which have assisted sufferers through Bev's powerful programs, teachings and presentations over the past ten years.

IN THIS WORKSHOP YOU WILL LEARN:

-Why you became anxious and how to break this pattern

-How to view your anxiety from a healthier perspective

-How to better address and manage your anxiety

ALSO AVAILABLE at completion of the workshop is the 'IT KIT'- a follow-on home study kit of five weekly sessions which not only provides revision of the workshop materials but also ongoing comprehensive resources to enable further understanding, education and empowerment in the process of recovery.

Purchase of the IT KIT is optional. The KIT is available for \$130

BOOKINGS/ENQUIRIES: ADAVIC 9853 8089 www.adavic.org.au

ONLINE BOOKINGS AVAILABLE

A minimum of 30 people are required for this program to go ahead.

‘WORKING IT OUT’
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Facilitated By
BEV AISBETT

IN ASSOCIATION WITH ADAVIC

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REGISTRATION FORM

NAME:

ADDRESS:

.....Postcode.....

PHONE:(BH)(AH)

EMAIL:

HOW DID YOU HEAR ABOUT THE PROGRAM:

PROGRAM FEE: (Circle appropriate amount)

\$120.00 Full amount

\$95.00 Early Bird Price

\$95.00 ADAVIC Members

PAYABLE TO: ADAVIC – P.O. Box 625, Kew. Vic. 3101.

SIGNED: **DATED:**

Program is limited to 50 participants. Monies are not refundable.

Please note: The ‘WORKING IT OUT’ Program consists of information, exercises and demonstrations presented in a classroom context. It is designed to equip participants with a variety of self-help techniques aimed to assist recovery from anxiety. It is not intended as a substitute for professional therapy. Clients are encouraged to seek approval from any health professional they may be consulting prior to participating in this one-day workshop. It is also recommended that prescribed medication not be reduced nor ceased without medical advice

▶ PAYMENT FORM

Anxiety Disorders Association of Victoria, Inc.
ABN 70 607 186 815



Yes, I would like to participate in the 'WORKING IT OUT' program – Saturday, 3rd May, 2008.

▶ **PLEASE TICK:**

I wish to pay the following amount:

- \$120.00 – Full amount
- \$ 95.00 – Early Bird Price (if paid by the 28th March 2008)
- \$ 95.00 – ADAVIC members

and I understand that the surcharge fee is an extra **1.95% for credit card**

PLEASE FIND ENCLOSED MY:

- Credit Card Details
- Cheque / Money Order (Made out to *Anxiety Disorders Association of Victoria*)

Date:

CREDIT CARD DETAILS:

Name on Card: _____

Credit Card Type: Visa MasterCard Bankcard

Credit Card No:

CVV Number ___ ___ (last three digits on the back of your credit card)

Expiry Date: ___ / ___

Amount: \$122.34 OR \$96.95 (please circle which payment you are making)

[NOTE: All credit card payments attract a **1.95% surcharge fee** and this is added at the time of transaction]

Signature:

RETURN TO:



- Please return this Payment Form via email to adavic@adavic.org.au
- Or post to: **ADAVIC**, P.O. Box 625, Kew. Vic. 3101.

OFFICE USE ONLY:

Processed by:Date: