



# paradise kids

## Ongoing Life-Skills for Parents

### Stress and Anxiety Reduction Program

Wednesday, 30 November 2011 at 88 Allied Drive, Arundel.

9.00 am to 2.30 pm

Cost: \$25 includes lunch

- As a parent, do you feel that you have lost control? Do you have stress warning signals such as headaches, dizziness, indigestion, stomach-aches, sleep difficulties, tight neck and shoulders, tiredness?
- Do you find yourself yelling at your child more often than laughing with your child? Do you have trouble getting things done, overusing alcohol, grinding of teeth or over-eating?
- Do you feel anxious, rushed, bored, edgy, powerless, angry or pressured? Do you have trouble with relationships and feel that you have lost touch with your child or family members... don't feel as close as you'd like?

Stress is biological, psychological and social. And it is reversible!

Learn some ways to reduce stress and manage anxiety in a safe supportive environment. We will provide a taste of yoga, and other ways to meditate, relax and empower yourselves.

The group will be limited to 20 people and on a first come first serve basis, so please register your interest early.

### Enrolment for Stress and Anxiety Reduction Program

30 November 2011

Please find enclosed by cash, credit card or cheque to Hopewell Hospice Services Inc.:

Amount: **\$25.00** [Note: Credit Card details are destroyed after payment has been processed.]

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Postcode: \_\_\_\_\_

Card No:

Expiry Date [ / ]

CVV2/CCV2 number found on the back of the card:

Signature: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Please send to: **PK Stress Reduction Program**, PO Box 1290, RUNAWAY BAY, Q 4216

# Life-Skills for Parents: Stress and Anxiety Reduction Program

## Presenters

### Mireille Allan



Mireille is currently serving as Initial and On-going Support Coordinator and Counsellor at Paradise Kids. She is a trained grief and loss counsellor, and an experienced manager.

She has a Diploma in Psychotherapy and Hypnotherapy and has worked for Paradise Kids since 2001 as a session leader, adult facilitator, special events organiser and administrative coordinator. In the training programs she has a specialised role in the use of art for personal awareness and working with children's art, runs All-Female Reterats, as well as workshops on The Tree of Life, Child Parent Relationship Therapy and Sanplay Therapy.

Mireille is facilitator of a support group for parents grieving the death of a child and has organised a seminar and support group for grandparents with primary responsibility for the care of their grandchildren.

### Deirdre Hanna

Deirdre is the Founder and President of Paradise Kids, a Division of Hopewell Hospice Services Inc. She is Executive Director of Children's Services and Spiritual Care for Hopewell Hospice and Paradise Kids. She has had a long interest in wellness and mind/body/spirit connectedness and has run programs for Clare College in Stress Reduction, Wellness, Integral Transformative Practice and Mindfulness Meditation.



Her qualifications include Certificate in Mindfulness Meditation, Massachusetts Medical School Mind-Body Stress Reduction Clinic; Diploma of Nutrition and Dietetics; Diploma in Swedish Massage; Bachelor of Theology (BTh); Churchill Fellow (Spiritual Care of Cancer Patients, 1995); Certificate in Transpersonal Psychotherapy and Counselling; studies at the University of Creation Spirituality; Multi-Disciplinary Certificate in Hospice Care, St Christopher's London; Certificate in Spiritual Retreat Leading and Direction.