



MBCT Dates 2017:

Thurs 11 May
Thurs 18 May
Thurs 25 May
Thurs 1 June
Thurs 8 June
Thurs 15 June
Thurs 22 June
Thurs 29 June

MBCT - 2017 Mindfulness-Based Cognitive Therapy – Clinical Program

Have you had 3 or more episodes of depression?

Are you interested in participating in a group program that may help reduce your risk of future relapse?

**MBCT Venue:
Dandenong
Hospital
Seminar Room 1**

Time: 6.30- 8.30pm

**Cost: Free to
Monash Health
patients**

Mindfulness-Based Cognitive Therapy (MBCT) is a program for the prevention of depressive relapse. It aims to help people find new ways to deal with stressful thought patterns and low mood through training in meditation-based practices and other skills. Participation in MBCT involves attending an individual assessment session followed by a group program in which up to 12 people attend a weekly two-hour session for 8 weeks. There are home practice exercises to be completed between sessions.

Southern Synergy is now offering an MBCT program for Monash Health patients or those eligible for Monash Health services. People eligible for Monash Health services must reside in the Monash Health catchment. Participants in the program need to have had 3 or more episodes of Major Depression but be well at the time of course commencement.

If you are interested in taking part in the MBCT group listed above, please discuss a possible referral to the program with your Monash Health treatment provider, GP or other mental health professional.

For more information about MBCT or how to refer please contact Southern Synergy:

Phone: 9902 9696

Email: southern.synergy@monash.edu