



BEATING THE BLUES

A TEN-WEEK PROGRAM DESIGNED FOR ADULTS WHO HAVE EXPERIENCED PERIODS OF LOW MOOD

We will help you find strategies that work for you to manage 'the blues' and improve how you feel.

REGISTRATION FEES

Your initial assessment is free, and you'll have the choice of two payment options for the ten-week program:

- » Early Bird Fee – \$90 for payment on or before **first appointment**.
- » Standard Fee – \$10 per session paid on the day.

- » One to one appointments available Monday, Tuesday and Wednesday

- » Ages: 16+

For enquiries or to register please contact:

Trina Attard – Psychology Wellness
Centre 4923 2233

cqu.edu.au/wellnesscentre

Psychologists enrolled in the Master of Clinical Psychology Program provide services that are based on the latest evidence-based practice from current research and best-practice guidelines.



BE WHAT YOU WANT TO BE

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