

**Thursday 11th,
18th, & 26th March
2021
5:00 - 7:00pm**

Breakthrough Psychology
Practice
Suite 6/560 Pennant Hills
Road
West Pennant Hills
NSW 2125



STUDY WITHOUT STRESS

*A SKILLS PROGRAM FOR STUDENTS IN YEARS 11-12
DEVELOPED BY RESEARCHERS AND CLINICIANS AT MACQUARIE
UNIVERSITY*

**The final years of school are overwhelming for many students.
But they don't have to be...**

Study Without Stress is a group program based on techniques drawn from Cognitive Behavioural Therapy (CBT), a widely used and evidence-based approach to dealing with stress and anxiety.



Group Facilitator David Groves
Psychologist



Students Will Learn

- Understanding stress
- Setting study goals
- Managing time effectively
- Building good habits
- Preparing for exams
- Procrastination
- Perfectionism
- Challenging negative thoughts

Costs

- \$400 (inc.GST) per student *
- Includes all three workshops plus a workbook you can keep
- Enrolments close: 5 Mar 2021

**Note: Bookings are non-refundable, and cancellation will result in the full fee being charged. Bookings must be for all 3 workshops.*

Bookings & Enquiries

- <https://www.trybooking.com/BOKEL>
- david@btpsychology.com.au
- (02) 8978 0600
- www.btpsychology.com.au
- Limited places available
- Attendance in person or via Zoom