



Anxiety and Panic Attacks

This workshop will benefit Health and Social Service Professionals who provide counselling. Students welcome.

This workshop will cover:

- The signs and symptoms of anxiety and panic
- Physical conditions which can trigger and/or cause the same symptoms
- Nutritional aspects of treatment and cognitive strategies
- Breathing exercises and grounding techniques

Facilitator: Dianne Rickman, Womens Health & Family Services

Dianne has a nursing background and is a psychologist who has worked at WHFS for 30 years in the counselling program. She is currently clinical supervisor. She has extensive experience working with women who have had trauma in their lives, either as children – childhood sexual assault, violence in their family of origin and attachment difficulties- or as adults.

To Book: <https://www.trybooking.com/BNQXW>



womens health
& family services

Anxiety and Panic Attacks Workshop

Tuesday
8 June 2021

1.30pm-4.00pm

227 Newcastle St,
Northbridge

Cost:

\$50 Standard

\$40 Members

\$35 Students

Womens Health &
Family Services
www.whfs.org.au

For more information:
bookings@whfs.org.au or
call 6330 5400