



The Red Couch

Counselling &
Psychology Clinic

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www.facebook.com/RedCouchPsychology

Rooftop Relaxation by *The Red Couch*

Starting 5th March 2014 and **running weekly**
(until further notice)

Time: **12-12:30 pm Wednesdays**

Where: Rooftop lounge at 370 St Kilda Road

Cost: Free

This is a casual group for anyone interested in relaxation strategies. We hope to provide a space to learn and practice relaxation skills in a comfortable environment. This is not a therapeutic group, but a meeting place for people interested in the practice of relaxation skills to enhance everyday living.

Each group will involve a 15-20 minute relaxation exercise conducted by a psychologist from The Red Couch. People will not be required to share their experience, or even talk...just turn up and close your eyes to experience a live relaxation exercise.

The group is free, and people can come regularly or for a one off.

For enquiries, email counselling@theredcouch.com.au

