

LUNCH & LEARN

"Putting Out Fires: Depression, anxiety and improving your relationship with your Self"

Friday, September 23, 2016

11:30 – 1pm

Lunch provided

101 – 1139 Yates Street

Victoria, BC



Free for VPWAS members

RSVP

250.382.7927 or support@vpwas.org

About the Facilitator

Peter Bell completed Clinical Hypnotherapy training in 2015 in Victoria. Peter also studied meditation and Hawaiian Huna for over 20 years, and he is currently exploring how hypnosis technology and secular mindfulness/compassion practices might be combined for maximum positive effect.