

Christmas Stress

Carer Support
WORKSHOPS & TRAINING

WITH MERIDIAN TAPPING

A powerful tool for relieving negative emotions using the Meridian Tapping Techniques (MTT) or the Emotional Freedom Technique (EFT).

Sometimes called 'Tapping Therapy', it was created by Gary Craig and works like emotional acupressure.

Come along and learn about using Meridian Tapping to de-stress your festive season holidays.

- » Easy to learn techniques to manage and improve emotional health.
- » Understanding the relationship between the brain and body.
- » Learn how to identify barriers to unhelpful thinking styles.
- » Clarity for positive boundary setting.

Date Tuesday 29 November 2022

Time 6pm to 8pm

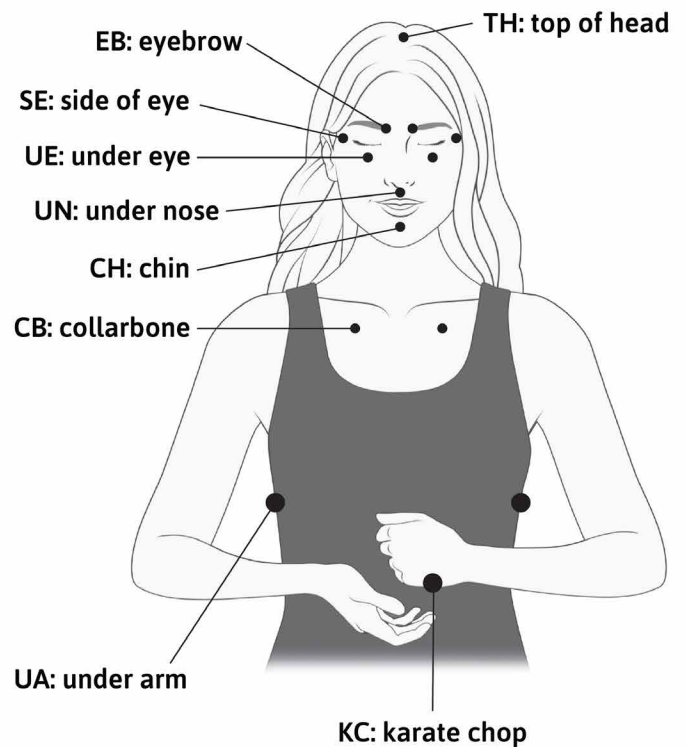
Venue Midland Professional Centre
Level 3/9 The Avenue, Midland

Booking details

Free to carers, bookings essential
9237 8900 | 0408 202 705 |
caroline.wood@mifwa.org.au

Tea and coffee provided

Tapping Points



MIFWA

Mental Illness Fellowship of WA

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