

AWE - Ageing With Expectation

Come and be part of an inspiring series of talks and reflections which examine a vibrant new approach to the mental and physical challenges of ageing.

Conducted by renowned Melbourne psychologist, psychotherapist , Founder and Emeritus Professor of the Cairnmillar Institute and recently retired Executive Minister of St Michael's Uniting Church in Collins Street, **Dr Francis Macnab** brings a lifetime of wisdom, experience , wit and renewed vision into the process of ageing with positive expectation.



Dr. Francis Macnab

The sessions are held on the first Friday of each month and cover a wide variety of concerns common to the senior years. Most important of all, Dr Macnab examines useful coping skills and invites input in a friendly, inclusive atmosphere of shared wisdom and discussion.

Location:

Evergreen Community Centre
45 Talbot Street, Balwyn 3103

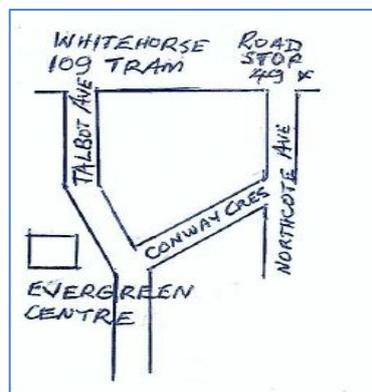
Time: 1.30pm -3.00pm

Dates: See quarterly dates and session topics on the back of this leaflet

Cost: \$10 entry fee (includes Light Refreshments following the session)

Bookings: Booking is not required- just come and be made welcome!

Further Information: If required, contact Graeme Adamson on 0425 785 571



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The Objective – Increase Enjoyment, Health and Life-Satisfaction in Older Years

A Vital Engagement in Lifelong Learning

Topics - Second Quarter 2019

The following are the topics remaining for this quarter:-

June 7th - Managing Your Internal & External Frustrations

July 5th - Positive Expectation

Daniel G died at 96. What Can We Learn From Him About Ageing?

Note: Topics may sometimes change from the scheduled program in order to accommodate specific interests which arise from previous sessions or through requests from participants.

Dr Francis Macnab A.M

Founder of The Cairnmillar Institute

20 years leading “SAGE” (Successful Ageing, Growth, Enhancement)

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Expect Long Life, Physical and Emotional Health & Engagement as you age

Need Further Help?

The senior years can sometimes present problems which might require more specific support and guidance. Having access to low cost professional counselling can often make all the difference in helping to deal with and overcome these issues.

Help of this kind is always at hand. Consider making contact with the support services available through '**Mingary**' at St Michael's Uniting Church on Collins Street, Melbourne for more details.
Phone: (03) 9 654 5120

Or.....pay a visit to '**Mingary- the quiet vision of Dr Francis Macnab**'.....a place of gentle contemplation, peace, hope and healing (via Russell Street entrance).

The logo for Mingary Counselling Service features the word 'mingary' in a lowercase, serif font with a stylized wave above the 'i'. Below it, the words 'COUNSELLING SERVICE' are written in a smaller, uppercase, sans-serif font.