



SHADES

Self Help Anxiety and Depression Education Sessions

Anxiety and depression affect approximately 1 in 5 Australians each year. The SHADES program is designed to help individuals who suffer from these conditions develop self-management skills to manage symptoms and prevent relapse.

Based on Cognitive Behavioural Therapy (CBT) principles.
Confidential group sessions with experienced facilitators.
Supported weekly practice tasks to reinforce new skills.

Why SHADES?

- Develop practical skills to manage anxiety and depression
- Confidential group setting with professional support
- Medicare rebate available for eligible participants
- Convenient and accessible location in Geelong

Who can participate?

The SHADES program is suitable for adults (18+ years) who experience symptoms of anxiety and/or depression.

Fees

- Cost: \$130 per session
- Medicare Rebate: \$50.25 (with referral from a GP under a Mental Health Care Plan)
- Cost After Medicare Rebate: \$79.75

Program Details

- 2-hour weekly sessions over an 8 week course
- Commencing 4th February 2026
- 6pm-8pm
- At Growth Psychology Practice
129 McKillop St Geelong



How to register

SHADES

Self Help Depression and Anxiety education Sessions

Contact our Administrative Team:

- Phone: 03 5242 8637
- Fax: 03 9021 6584
- Email: info@growthpsychologypractice.com.au
- Visit: www.growthpsychologypractice.com.au



Session 1:

- Introductions
- Group Rules
- Expectations of the course
- Outline of the course
- What is depression? What is anxiety?
- Physical Symptoms of anxiety and depression
- Breathing exercise
- Practice tasks and handouts

Session 2:

- Review practice tasks
- Behavioural symptoms of Anxiety and depression
- Thought stopping
- Progressive muscle relaxation
- Activity scheduling
- Practice tasks and handouts

Session 3:

- Review practice tasks
- Cognitive symptoms and thinking errors
- Challenging negative thoughts and developing balanced thinking
 - Practice tasks and handouts

Session 4:

- Review practice tasks
- Thinking errors
- Avoidance
- Isometric relaxation
- Practice tasks and handouts

Session 5:

- Review practice tasks
- Problem solving
- Visualisation and relaxation
- Practice tasks and handouts

Session 6:

- Review practice tasks
- Self-Esteem
- Mindfulness Relaxation
- Medication
- Practice tasks and handouts

Session 7:

- Review practice tasks
- Expressing anger
- anger management
- Assertiveness
- Practice tasks and handouts

Session 8:

- Review practice tasks
- Lifestyle issues
- Individual relapse prevention plans
- Resources for further information and support
- Handouts