

#### THERAPY OPPORTUNITIES

Cognitive Behavioural Therapy (CBT) is a well established psychological approach that is used to assist in managing thoughts and feelings associated with perinatal and antenatal depression. CBT aims to challenge and change unhelpful thoughts and feelings about yourself and your situation.

Individual and Couplework Therapy aims to help you and your partner to work together to manage the challenges of pregnancy and birth. It focuses on the relationship between you and your partner and how this can affect your mental health. It is a safe and supportive environment to explore your feelings and concerns about pregnancy, childbirth and the future of your relationship.

Both CBT and Individual and Couplework Therapy can be offered to you through the services of perinatal and antenatal depression clinics.

#### MAKING AN APPOINTMENT

Appointments can be made by contacting our service on 02 9555 0200. You can also email the practice at [info@mindright.com.au](mailto:info@mindright.com.au).

#### CONTACT US

PAO Clinic and Mindright Clinical Psychologists  
505/260 Oxford St  
Bondi Junction NSW 2022  
Ph: 02 9555 0200  
Fax: 02 9555 0294  
Email: [info@mindright.com.au](mailto:info@mindright.com.au)

[www.pacclinic.com.au](http://www.pacclinic.com.au)  
[www.mindright.com.au](http://www.mindright.com.au)

Providing effective  
treatment of  
depression and  
anxiety in the  
perinatal period



*Flaw Together™*  
**LIVE**

**JUNE 13TH**  
**7:00 PM/CST**  
**FREE**

**MARRIED COUPLE'S EVENT**

**RUDECO & SHADAVA ROBERTS**

SCAN TO REGISTER




**SUNDAY**  
**SEPT 1ST**  
**9PM TO 2AM**

LAST CALL PRESENTA **Eddie PRODUCTIONS**

**LATIN**

**18+ EVENT**

DAMAS ENTRAN GRATIS ANTES DE LAS 11PM  
 26 NORTH 5TH STREET, MINNEAPOLIS, MN, USA

**(9-10) \$3 CORONAS / (10-12) \$4 CORONAS - \$5 BUCHANAN'S**

**FOOD UNTIL 11PM**



**SATURDAY AUGUST 24 2024**  
**10AM-9PM**

*Family Day*  
**AT FIRE ISLAND**

**IT'S AN ALL DAY VACAY, ALL ARE WELCOMED TO SPEND THE DAY WITH FAMILY.**

**\*\*\*LOVE IS LOVE\*\*\***

**41 RIVER ROAD, SAYVILLE, NY 11782**  
**ROUNDRIP CHERRY GROVE FERRY: \$20.00**  
**WEEKEND PARKING: \$22.00**

**FOR MORE INFORMATION:**  
**FIRE ISLAND (631) 589-0810 • MS BESS (646) 346-4175**



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## looking for professional and unique Design

### MONEY BACK GUARANTEE



DR. UMAR RETURNS TO FT. WORTH (TX) **WEDNESDAY DECEMBER 27TH**

**6PM (FREE)**

**KUJICHAGULI KWANZAA CELEBRATION**

**SELF-DETERMINATION OR EXTERMINATION**

GREATER ST. STEPHEN FIRST CHURCH  
3728 EAST BERRY STREET 76105

FOR MORE INFORMATION, PLEASE CONTACT  
(480) 442-0293 / GREATERSTSTEPHENFIRSTCHURCH@GMAIL.COM

PLEASANT GREEN M.B.C.

**PASTOR WIFE Anniversary**

**SUNDAY SEPT 22, 2024 AT 3:00PM**

GUEST SPEAKER  
**PASTOR ROBERT JONES**  
OF KEEL AVE AND HILL CHAPEL

**P.G. MEMPHIS YOUTUBE PG MEMPHIS TV**

**JUNE 28-29TH 11AM - 5PM**

**DENISE WADE MINISTRIES PRESENTS**

SPEAKER **APOSTLE RUDECO ROBERTS**    SPEAKER **PROPHETESS SHADAVA ROBERTS**    **HOST & SPEAKER DR. DENISE L. WADE**    SPEAKER **PASTOR SHAVOR SMITH**    SPEAKER **GEORGE PITTS**

**THE KINGS SONS & DAUGHTERS Conference**

**WESTIN GALLERIA - 13340 DALLAS PKWY, DALLAS, TX 75240**  
REGISTER AT WEBSITE: [DAUGHTERSOFKINGCONFERENCE.COM](http://DAUGHTERSOFKINGCONFERENCE.COM)

**YONI QUEENS** **LY**

THE YONI QUEENS & UNIQUELY YOU PRESENTS

**SPA DAY**

**August 19th**

**12-4PM**

**SELECT 3 SERVICES \$150**

- FACIALS
- YONI STEAMS
- FOOT DETOX
- BACK FACIAL

**COMPLIMENTARY MIMOSAS & LIGHT REFRESHMENTS**

**REFINED & EMPOWERED OUTREACH PRESENTS**

**FIRST FIRE Friday**

*Let's Connect, Be Refined & Be Empowered*

**EVERY FIRST FRIDAY || 8PM**

**JOIN US ONLINE LIVE**

**Minister RACHELLE ROSS**

**Visionary Leader MIN TARA FINLEY**

 **Retrac-A-Vac**  
THE VANISHING VACUUM

Office 416.848.7576  
Fax 647.560.4588  
Toll 888.901.4588  
[www.retracavac.ca](http://www.retracavac.ca)



 **Retrac-A-Vac**  
THE VANISHING VACUUM



**Retrac-A-Vac Inc.**  
281 Woodbridge Ave.  
Woodbridge, ON L4L 0C6



# INSPIRE SD 7TH ANNUAL *Faces With Purpose*

EVENT & FUNDRAISER (A LUPUS CHRISTMAS)

## CONGRATULATIONS

DEC 15TH, 2024 4PM-8PM.  
4975 MEMORIAL DR. LA MESA CA 91942



**SOUNDS BY: DJ BIRDY BIRD**

**VOLUNTEERS AND SPONSORS WELCOME!**

RSVP YOUR NOW EMAIL: [INFO@INSPIRESD.ORG](mailto:INFO@INSPIRESD.ORG) CONTACT # (619) 451-9714 [WWW.INSPIRESD.ORG](http://WWW.INSPIRESD.ORG)

