

**Essential Foundations workshop: *Introduction to  
Mindfulness***

**Presenter:** Assoc. Prof. Craig Hasted OAM

Associate Professor Craig Hasted is a senior lecturer in the Faculty of Medicine, Monash Medical School. Craig has written and presented on Mindfulness widely for academic and general audiences.

**Training for:** DHHS funded Sexual Assault Workers

**Date:** Tuesday 3<sup>rd</sup> December 2019

**From:** 9.30am – 4.00pm

**At:** Queen Victoria Women's centre  
210 Lonsdale St, Melbourne

**Workshop Objectives:**

- Understand the relationship between stress, mental health and physical health.
- Learn and experience a range of formal, informal and cognitive mindfulness practices.
- Appreciate how mindfulness can assist sexual assault workers.
- Gain confidence in introducing survivors of sexual assault to mindfulness.
- Explore how mindfulness can form a key component of recovery for sexual assault survivors.

**To register for this workshop please complete the registration process at tri booking**  
<https://www.trybooking.com/BCHOD>

Any problems email admin at SECASA [secasa@monashhealth.org](mailto:secasa@monashhealth.org)

*\*Morning tea will be provided, participants are asked to provide their own lunch.*

**For more information about this workshop please contact**  
Sarah McGregor, Training Co-ordinator,  
Statewide Sexual Assault Workforce Development  
Ph: 99288741 Mon-Wed or email [sarah.mcgregor@monashhealth.org](mailto:sarah.mcgregor@monashhealth.org)