



The Pipe Band



Lakeside Clinic



G.R.O.W



Schizophrenia Fellowship



Free Healing for Depression Sufferers

- Depression is the leading cause of disability in Australia.
- 1 in 5 people experience depression at some point in their lives.
- We offer a fresh and effective approach to alleviate depression.

Our new Project involves a new study on IYS therapy as a tool to beat depression.
We are offering **free** Ignite Your Spirit Therapy sessions
to help bring back the **joy** and **meaning** into life.

Eligibility:

- Recent (within last 2 months) **written medical opinion** stating:
 - o You have depression (DSMV diagnosis)
 - o You have no other major psychiatric condition,
 - o You have not been hospitalised for a psychiatric condition in the last 12 months
 - o Your medication for depression has been stable for the last 8 weeks.
- **Commitment** to 8 IYS therapy sessions over 12 weeks
- **Consent** to data being used confidentially for research.
- **Low income earners** will be given preference into the program

Ignite Your Spirit Therapy

Is an interactive, non-touch holistic healing modality that promotes good health physically, mentally, emotionally and spiritually. It combines energy healing with spiritually based counselling.

It is likely that places will fill fast due to the outstanding results of our last study for treating depression. See the results at: <http://shantimission.org/shantimission/iys-path-ease-and-grace-depression-study>. You can also find out about Ignite Your Spirit Therapy and Shanti Mission on our website www.shantimission.org

Treatments will be offered at **Shanti Mission Harmony Centres** located in:

- Cooranbong • Newcastle • Sydney • Belmont

For more information or to apply, please contact:

Cooranbong Shanti Mission Harmony Centre on: (02) 49773300

Newcastle Shanti Mission Harmony Centre on: (02) 4927 8686

Sydney Shanti Mission Harmony Centre on: (02) 95505449

Email project.hope@shantimission.org

Wishing you Health, Hope and happiness



Application form

Ignite Your Spirit Therapy for Depression Study

Name:.....

Address:.....

.....

Telephone Number:.....

Email Address:.....

Contact Person Name and Telephone Number (in case of emergency):

.....

Name and contact details of your doctor and/or psychologist who diagnosed depression

.....

.....

For the following questions, please circle the most appropriate answer:

Are you able to commit to 8 Ignite Your Spirit Therapy sessions over 12 weeks?

Y/N

What date are you able to commence treatments?.....

Centre location that you would like to receive IYS at:

Newcastle Cooranbong Sydney Canyonleigh Belmont

Are you a low- income earner or currently experiencing financial difficulty?

Y/N

Health care/pensioner card number or similar:

.....
If you don't receive social security benefits, kindly describe below or attach a statement describing your current financial situation hence inability to pay for treatment on a regular basis. (Not needed if you are not on a low income, however please note low-income earners will be given preference and donations are encouraged).
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Doctor/psychologist certificate confirming diagnosis of clinical depression (as per DSM IV) within past 2 months attached

Y/N

Have you ever experienced a psychotic disorder, psychotic episode, bipolar disorder or manic episode?

Y/N

Have you been hospitalised for a psychiatric condition in the past 12 months?

Y/N

Have you changed the type or amount of your medications for depression in the past 8 weeks?

Y/N

Thank you for your application. Please return this form to:
Project Hope Manager, 213 Martinsville Road Cooranbong, NSW, 2265.
A therapist from the Shanti Mission Harmony Centre location you applied for will contact you soon. Namaste.

Mind, Body & Spirit Expo

18 October 2011



**John Tate (Lord Mayor), Sheridan & Danielle (New Horizons)
& Joanne (ARAFMI Hunter)**



Group Shot



Joanne & Coralie



**'Dance of Life'
Belly Dancing**



**Mary-Anne
Islander Dancing**



**Smoke Ceremony
John Manton**



**African Drumming with
'FODE'**

Islander Dancing with the Lads



**The Ocean
View**

Newcastle Volunteers Awards 2011



Shirley Finney



Janet Mundie

Thankyou Janet & Shirley for all your continued support to ARAFMI Hunter

Christmas BBQ at ARAFMI Hunter

On Wednesday 14 December

From 12.30 for 1pm lunch

Bring a Plate



RSVP Friday 9 December 2011

Contact Phone 49612842