

NEW SENSATIONS

SENSORY MODULATION WORKSHOPS



'NEW SENSATIONS' is a one day workshop followed by up to four individual therapy sessions. The workshop will introduce you to Sensory Modulation and the individual sessions will adjust these strategies to your needs.

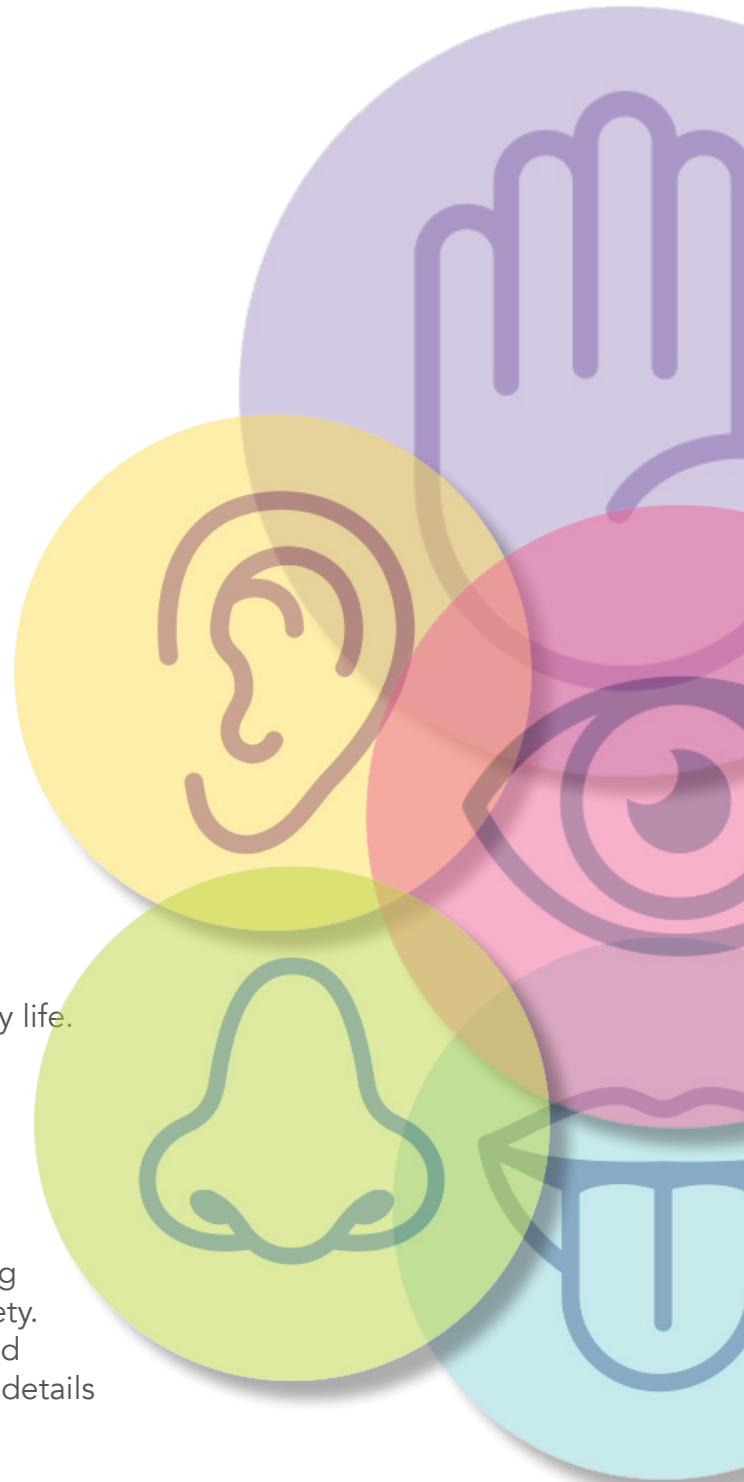
WHAT IS SENSORY MODULATION?

Sensory Modulation is an evidence-based practice which can be described simply as **improving the way you feel or function by using your senses.**

Come along to this practical and interactive workshop to build your skills, knowledge and confidence in using your senses to manage your daily life.

HOW DO I JOIN?

The workshops are available to all people living in the Darling Downs region who might be experiencing mild levels of distress including depression and anxiety. To register please fill out an expression of interest and email through to the program coordinators. Contact details can be found overleaf.



Turn over for workshop information

Feel & function better by using your senses

WORKSHOP DETAILS

WORKSHOP 1 Tuesday 24 April

WORKSHOP 2 Friday 11 May

WORKSHOP 3 Monday 21 May

WORKSHOP 4 Monday 4 June

WORKSHOP LOCATION

RFQ Toowoomba Office
17 Freighter Avenue
Wilsonton QLD 4350

TIME

All workshops will run from 9:30am
(10am start) and finish at 3:00pm.

Lunch/afternoon tea provided.



To participate please complete an Expression of Interest and email

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