



## Learn to Game Better with Dr Tim

**control**  
**stress\***  
**easy**

# Does your child struggle to stop gaming?

- \* Fly a plane with your brain.
- \* Learn to control your breathing, heart rate and brainwaves to get in your "Zone", focused yet relaxed.
- \* Learn how to play better and be able to take a break.
- \* Control your mood and response to stressful situations.
- \* Manage and improve your play time.
- \* Make new friends and learn there is a real person behind that character on the screen.

Specialising in ASD and ADHD, open to all abilities.  
Small group based sessions  
Parental/Carer Participation is welcome.  
NDIS Registered Provider.  
Sessions suited to pre-teens, teens and young adults  
Cost \$144

### Learn to play in your zone and reduce stress.

Come along and play your favourite games in a fun, safe, group environment, where Dr Tim Fennell PhD (Sports Psychology and Stress Reduction Coach), will introduce you to the fundamentals of his proven "FennZone" methods.



**Wed 11th Jan**  
Under 14's: 12-2pm  
14yr+ 2.30-4.30pm  
**Arena Games**  
1/78 Pinjarra Rd  
Mandurah

To register Under 14's click [HERE](#)  
14yrs + click [HERE](#)  
For more information please contact us below:  
[customerservice@controlstresseasy.com](mailto:customerservice@controlstresseasy.com) or 0487 791 007

[www.controlstresseasy.com](http://www.controlstresseasy.com) | Follow us on Social Media for helpful tips!   

