



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/participant

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.



Wednesdays
4.30-6.30pm
ARENA GAMES
1/78 Pinjarra Road
Mandurah

To register please click [HERE](#).
For more information please contact us below:
customerservice@controlstresseasy.com or 0487 791 007

www.controlstresseasy.com | Follow us on Social Media for helpful tips!   

