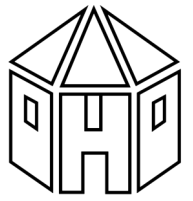


Mindfulness



CornerHouse

Mindful Approaches to

Emotional Resilience and Stress

Mindfulness has been shown to reduce recurrent depression and anxiety by recognising negative thoughts and feelings and learning techniques how to disengage from them.

Rather than worrying about them constantly, it enables you to become aware, understand and accept them and avoid being dragged down by them into a spiral leading back to depression.



No experience required, just come along

Please note: mindfulness is not suitable for people actively experiencing PTSD, psychosis or suicidal thoughts.

May

15th May 2:30 - 3:30pm

22nd May 7.00 - 8.00pm

29th May **NO GROUP**

July

3rd July 2:30 - 3:30pm

10th July 7:00 - 8:00pm

17th July 2:30 - 3:30pm

24th July 7:00 - 8:00pm

31st July **NO GROUP**

June

5th June 2:30 - 3:30pm

12th June 7:00 - 8:00pm

19th June 2:30 - 3:30pm

26th June 7:00 - 8:00pm

August

7th August 2:30 - 3:30pm

14th August 7.00 - 8.00pm

21st August 2:30 - 3:30pm

28th August 7.00 - 8.00pm

For more information or to register your interest please contact:

sue@cornerhouse.cc or call 01483 757461