

Do you struggle with stress, anxiety or depression?

Does it affect your personal and work life?



If so, we invite you to take part in one of our free 8-week course of

Stress Reduction Mindfulness

delivered by a highly experienced Mindfulness Therapist.

Learn how to recognise, slow down or stop automatic and habitual reactions. Respond more effectively to complex or difficult situations and emotions.

See situations more clearly.

Achieve balance and resilience at home and at work.

Choose from one of two courses:

- 1) Wednesdays, 16th Oct to 4th Dec 2013
5.30-7.45pm @ St Joseph's Hospice
- 2) Wednesdays, 8th Jan to 5th March 2014
5.30-7.45pm @ St Joseph's Hospice

Courses are group based, lasting 2¼ hours once a week over an 8 week period and participants are asked to practice at home following each session. One all-day session is held on the Saturday after week 6, during which participants will experience a full day of mindfulness.

A £20 deposit is required which includes 3 home practice CDs and the weekly course materials. At the end of the course, upon satisfactory attendance, you will be refunded £20 minus £15 for the cost of materials.

For more information and to book a place on the course please contact Nanouchi
Via

E: Nanouchi.malo@cityandhackneymind.org.uk or T: 0208 525 2319