

Course/Group title: Mindfulness and Meditation course

Description of the course (including the number of sessions):

This course will look at a wide range of mindfulness and meditation themes and consider which might be helpful and relevant to you. You will be able to experience relaxing your mind with guided meditation as well as the ability to focus on what is happening within and around us and we will explore simple ways of including mindfulness in everyday life.

Dates & times:

Available in Jan 2019 (course runs for 7 weeks)

Venue:

To be confirmed

Benefits of attending the course:

This course will help you learn how to use meditation techniques to relax your mind.

Available to: An individual has to meet the criteria for secondary mental health services. However other individuals with mental health problems may be considered.

How to book a place: Through a worker within the mental health team, for example an individual's care co-ordinator, occupational therapist or consultant. Another way to book is to contact Sharon Durose or Louise Boothby (Occupational Therapists) on 0300 123 3372 WEA (Workers Educational Association) on 01246 622249

Current group facilitators: Occupational Therapist and staff from WEA

To be included in which section:

Keeping Well