

Course/Group title: Active Mindfulness

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

This is an eight session course where participants have the opportunity to develop their knowledge of mindfulness, practice a variety of mindfulness techniques, and put them into practice within activity through gentle outdoor pursuits that are tailored to the mindfulness themes discussed within the group.

Dates & times:

Feb/March 2019

Venue:

Pleasley Vale outdoor activity centre
Benefits of attending the course

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- Greater awareness of thoughts and emotions, and how to manage these effectively.
- A knowledge of mindfulness techniques and principles that you can continue to utilise throughout your life to maintain your mental health.
- Improved sense of calm.
- Increased confidence in socialising.
- Improved engagement in activity.

Available to:

Any Bolsover and Clay Cross neighbourhood service users who have difficulty in managing thoughts and feelings in everyday life, or in focussing on the present within their occupations.

How to book a place:

You can be referred by your Care coordinator, key worker or consultant.

To be included in which section:

Keeping Well



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