

INTRODUCING MINDFULNESS

Reclaiming a meaningful life



SESSION DETAILS

DATES

Each Monday for 4 weeks
9 to 30 November 2020

TIME

6.00pm to 7.30pm

VENUE

We will be providing this group online via Zoom

You will need an email address, access to a device that has a camera and internet connection, and either headphones or a quiet place from which to participate. Contact the Centre if you have any questions regarding this.

COST

\$20 for four sessions

(Concession available for financial disadvantage)

TO REGISTER

Contact Reception

T: 6331 4133

E: information@cwwhc.org.au

Supported with funding from
NSW Ministry of Health (WLHD)

We have adapted our four-week course on Mindfulness for women to be facilitated online. Join us to learn an easy way of paying attention that may help you cope with everyday life or deal with those tough times.

A great way to improve mental and physical health.

Why practice Mindfulness?

There is a lot of evidence on the many benefits of mindfulness. It can:

- Help to relieve stress and provide relaxation
- Help to improve sleep
- Help manage depression and/or anxiety
- Help you to be less angry or moody
- Improve memory
- Help you learn more easily
- Help you to solve problems more easily
- Improve levels of acceptance & contentment
- Help you to become more emotionally stable
- Improve your breathing
- Reduce your heart rate
- Improve your circulation
- Improve your immunity, or assist you to cope with pain

Enrolment and payment are required before bookings can be confirmed.

Each session builds on the previous one so attendance at all sessions is important.

If you have a mental health condition, please ensure you have appropriate professional support as this is not a therapy group.

Finding acceptance for what is here right now

