

ONLINE MINDFULNESS COURSE FOR CARERS



Do you live with, or care for, someone with a mental health problem? We recognise the importance of supporting people who are supporting others, so we are running a Mindfulness course specifically for you. This 5 week course will introduce you to Mindfulness Meditation practice, and simple techniques to help you cope with the stress of daily life, which will help you to improve your mental health wellbeing and build your resilience. The course will take place online via Zoom and each session will last for 90 minutes.

(I.T support for Zoom is available).

ONLINE - VIA ZOOM

TUESDAY 23RD MARCH - 20TH APRIL 2021 - 12PM - 1.30PM

For further information, please contact:

NORTH KENT MIND

01322 291380 or email

ruthdalton@northkentmind.co.uk

Online registration is also available via

northkentmind.co.uk/north-kent-mind-digital-registration-form/



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