

Mindfulness Meditation

Monday 11:15 - 12:45

Moorland House, Bark Street, BL1 2AX



Do you need support?

Do you feel alone? Are anxiety and depression taking over? Come along and join!

Contact: christine.makinson@mhst.co.uk or 01204527200

The aim of meditation is to bring inner peace within ourselves and the world in a positive and spiritual way. The world is not a peaceful place and within every soul, there is some form of stress or stress and tension. Why not come and relieve these tensions with us?

We do numerous mindfulness techniques as Roger has vast experience with relaxation and meditation, whilst supporting one another with mental health issues.

1

HAVE A BREW

Come in, get comfortable and have a drink!

2

CHECK IN

We have a weekly check in to speak to each group member individually.

3

MEDITATION

We will do numerous meditation and relaxation activities and techniques



Group Setting

By having a group setting, people relate and support one another.



Have A Brew

Tea, coffee, milk and sugar is available for all members.



WhatsApp

We have a WhatsApp group for all members to chat outside of group times.

