



Mindfulness for Life Course



This 12 week Mindfulness course, is being held for adults with learning disabilities (and their supporters) on Thursday mornings from March to May 2019.



Mindfulness is a way to help us to live each moment and cope better with life. This means we can lead a happier and full life.

On the course you will learn **how to use mindfulness** to cope better with life. On **the taster day** you will get a chance to try this out and see if you would like to do the course.

The course will run for 12 weeks from **Thursday 7th March 2019**
10am to 12.15pm

We will start with a taster day on
Thursday 28th February 2019
from 10 am - 12.15 pm

Where: **Ocean Road Community Association**
Ocean Road, South Shields NE33 2DW



Please get in touch if you are interested in coming along

Contact **Terri** at **Your Voice Counts** on **0191 478 6472**

Or **Kathy** at **Skills for People** on **0191 281 8737** or **info@skillsforpeople.org.uk**