



Introduction to Mindfulness Course



Southside Partnership Training Network in collaboration with DDL ETB will be running an 8 - week 'Introduction to Mindfulness' course.

Mindfulness improves *general well-being* by focusing attention to the moment.

It helps to *treat depression, anxiety and sleep problems.*

This course will help you deal with *difficult emotions and gain perspective, it will help you identify 'problem thinking'.*

It introduces participants to the concepts and practice of Mindfulness including:

- The ability to experience each moment
- Allowing thoughts and emotions to be present without judgement
- Experience the healing power of self-compassion

TUTOR:

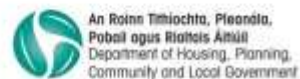
LIZ WRIGHT is a psychotherapist with over 20 years experience in personal development training.

WHEN: 7th February 2017, 8 week course

TIME: *Tuesdays 10 am - 11.30 am*

WHERE: Mounttown Community Facility

CONTACT: Lisa Sieger-Jamison on 087 737 0372



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