



# Mindfulness

courses available in your area

**Do you experience repeated episodes of depression?**

**Do you feel stressed by parenting or caring for someone with mental health problems?**

**Mindfulness Based Cognitive Therapy (MBCT) may help**

If you are 18 years or older, why not come along to a taster session?

**Visit our website** for further information, including taster sessions and course dates.

MBCT courses are recommended by the National Institute of Health and Care Excellence (NICE). Our service is free of charge.

**Contact us : 01325 552017, [tewv.mindfulness@nhs.net](mailto:tewv.mindfulness@nhs.net)**

**[www.tewv.nhs.uk/mindfulness](http://www.tewv.nhs.uk/mindfulness)**

