

MINDFULNESS FOR BEGINNERS COURSE

FREE | 24 JUNE | 7PM-8.30PM

VIA ZOOM



| CHERISH HOUNSLOW |

NAZ
SEXUAL HEALTH FOR EVERYONE



- INTRODUCE NEW SELF-CARE SKILLS
- BETTER UNDERSTAND & REGULATE DIFFICULT EMOTIONS
- BUILD SELF-WORTH & RELIANCE
- EXPLORE MINDFULNESS & DEVELOP A REGULAR PRACTICE



THIS SERVICE IS FOR BLACK, ASIAN AND
MINORITY ETHNIC PEOPLE LIVING,
WORKING OR STUDYING IN THE LONDON
BOROUGH OF HOUNSLOW.



| BOOKINGS: MINDFULNESS@NAZ.ORG.UK |