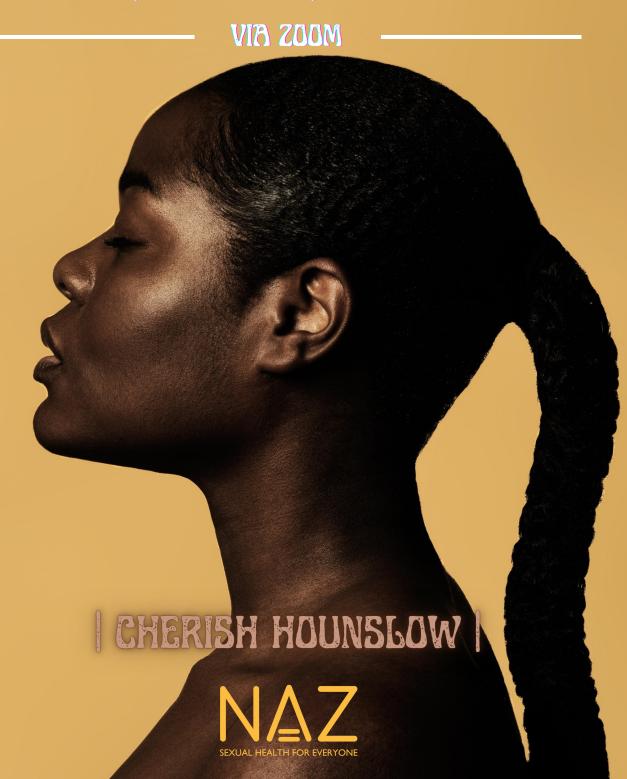
## MINDFULNESS FOR BEGINNERS COURSE

FREE | 24 JUNE | 7PM-8.30PM





## - 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.



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