



Registered Charity No: 1055931-14

Interested in developing new self-skills?

Introduction to Mindfulness

Join us on

Thursday 15 April 2021

Or

Thursday 24 June 2021

10am to 12.00pm

Being held on MS Teams Online

Mindfulness based practice is well established in contemporary healthcare as a powerful tool for self-care, recovery and personal development

This course is being run by the Pastoral & Spiritual Care Department via SWYPT Recovery College and offers tips and techniques to flourish during uncertainties and to draw upon our inner spiritual resources for enhancing our self-care and maintaining resilience and wellbeing and is open to all.

Teaching involves facilitated experiential learning and reflection in a confidential and relaxed environment by a trained and experienced facilitator.

Learning Outcomes: By the end of the course participants will have engaged with techniques of self-reflection and relaxation aimed at nurturing self-care and will have explored mindful ways of maintaining states of mental equilibrium and calm. They will also have developed greater appreciation of spiritual skills competencies for implementing self-care and personal development programmes.

Led by Nirmala Ragbir-Day, Spiritual Care Trainer, South West Yorkshire Partnership Trust

Places are free but limited

To book your place email:
[**pastoral.care@swyt.nhs.uk**](mailto:pastoral.care@swyt.nhs.uk)

If you have any queries please telephone 01924 316282