

Mindfulness every day

Mindfulness is all about focusing on the here and now, and these introductory sessions will teach you the basic strategies to do just that! Mindfulness can bring your mind into the present moment and invite happiness in your life! Change your outlook and learn skills to cope with anxiety, depression and distress.



To cancel or vary a booking: Please call Mind Connect, our customer service centre on 1300 286 463 at least 24 hours prior to the activity date, excluding public holidays (where two (2) working days' notice is required). If you cancel or change a booking in agreement with minimum advertised times, no charge will be applied.

Mind reserves the right to cancel groups if there are not enough bookings by the 'bookings close date' for the advertised event.

Where:

Mind Nunawading office
Level 1, 353 Whitehorse Road
Nunawading VIC 3131

When:

1:00-3:00 pm
23 and 30 May, 6, 13 and 20 June

Cost:

Cost to participate in this course varies according to the package of support you currently receive, i.e. Personal Helpers and Mentors (PHaMs), Partners in Recovery (PIR), National Disability Insurance Scheme (NDIS) or other fee-for-service program. If you do not have a current support package, you can attend as a private fee-paying participant.

Directions:

Nunawading railway station is located on the Lilydale and Belgrave railway lines. Mind Nunawading office is a 450 meter walk from the station.

To participate:

Speak to the team at the Mind Thrive Centre or contact our customer service centre, Mind Connect on 1300 286 463.

Mind Connect

1300 286 463

mindaustralia.org.au

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