



# Mindfulness MBCT course

Are you experiencing stress, anxiety, recurrent depression?  
or feel generally 'dissatisfied' with your life?

We may try to endlessly think our way out of problems or  
ignore and numb ourselves to them, but this leads us to feeling  
unhappy and stuck.

## Course Details

This Mindfulness course  
offers a structured, practical  
way to enhance your general  
physical and mental  
wellbeing. Learning skills:

- To recognise and skilfully disengage from unhelpful thinking patterns
- To better respond to the 'ups and downs' of everyday living.

## 8 Week Course starting June 2022

Mondays 4:30- 6:30 pm

Please get in contact for  
more information or to  
register your interest and an  
application form.

Places are limited.

Donations towards the  
course are welcome

**Places are limited.**

**To find out more and register**

07860 340739

[info@wokingmind.org.uk](mailto:info@wokingmind.org.uk)

[wokingmind.org.uk](http://wokingmind.org.uk)



Working across Surrey

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