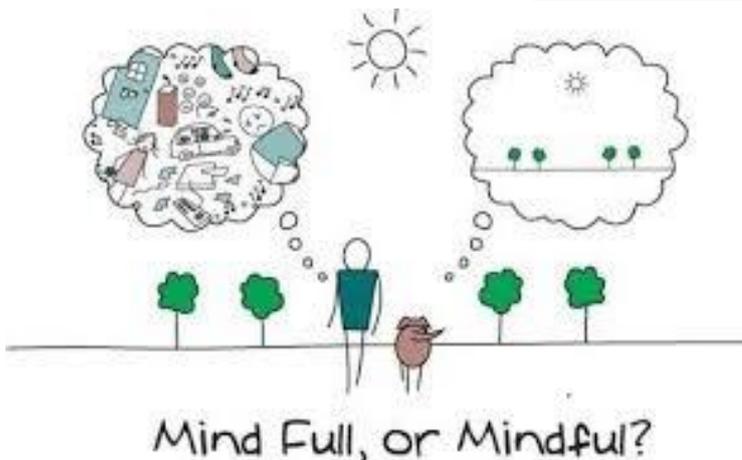


Mindfulness Based Cognitive Therapy (MBCT) Course Blackpool Stanley Park Sports Centre

Blackpool Healthier Minds are recommencing **LIVE Mindfulness Based Cognitive Therapy (MBCT)** courses. The next course starts Monday 9th January 2023. MBCT combines traditional **cognitive behavioural therapy** with **mindfulness** techniques and **meditation** and teaches you how to pay attention to the present moment, rather than habitually getting caught up in ruminating about the past or worrying about the future and learning new skills to let go of the negative thoughts that can often precede increased stress and distress or a dip in mood.

There are **8 sessions** held on a weekly basis on Mondays 13:00 to 15:00 in the first-floor aerobics studio at Blackpool Stanley Park Sports Centre.

To sign up for this **FREE** course please call: **01253 955700** or email us at:
bfwh.healthierminds@nhs.net



There will be **8 sessions** held on a weekly basis for two hours, all sessions need to be attended.

The 8 weekly sessions will commence Monday 9th January 13.00pm to 15:00.

Please note there will be **no sessions** on **27th February** and **6th March** and the **course will end on 13th March 2023**

This course is for complete beginners as well as for those who have had some experience of meditation or mindfulness. Like any skill, mindfulness takes time to practice, and we highly recommend you set some time aside each day for daily home practice to be able to optimize new skills and make good use of what you learn each week. You will be given links to online guided meditations to support your daily practice.

The Mindfulness course is FREE commencing 13:00 to 15:00 on Monday 9th January 2023 at Blackpool Stanley Park Sports Centre*.

To book a place call: **01253 955700** or email us at: bfwh.healthierminds@nhs.net

*Blackpool Healthier Minds provides a service for people with a Blackpool GP. If you do not have a Blackpool GP, you may still be able to access our online mindfulness course and our wellbeing webinars. Please contact us for further details.

We do not offer 24-hour or weekend access, crisis or urgent treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness. Please discuss these needs with your GP.

