

# FREE 8 WEEK MINDFULNESS COURSE

IN LETCHWORTH GARDEN CITY

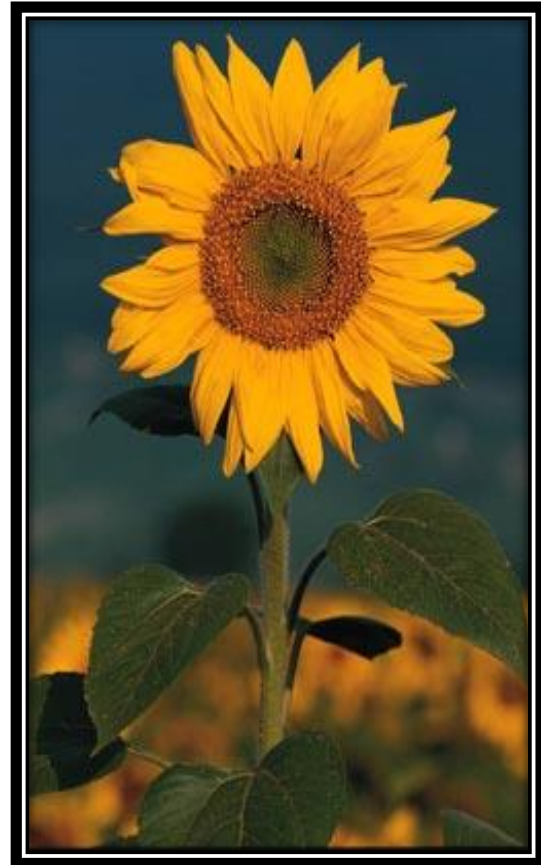
**Have you been affected by domestic abuse either recently or a long time ago?**

Our mindfulness courses can help you to recover by:

- Reducing anxiety
- Overcoming trauma
- Addressing sleep issues
- Raising self esteem
- Tackling depression
- Improving mental health
- Enhancing coping mechanisms
- improving resilience
- bringing calm and clarity into your daily life

Contact us on 01438 960040 or email

[info@mindfulnesssupportservice.org](mailto:info@mindfulnesssupportservice.org)  
to book a place



**THURSDAYS 10-12PM IN  
LETCWORTH GARDEN CITY  
STARTING FEB 27TH 2020**



Mindfulness Support Service C.I.C

info@mindfulnesssupportservice.org | 01438960040 | www.mindfulnesssupportservice.org

*Mindfulness Support Service C.I.C is a not for profit organisation*