

## Mindfulness for Beginners

A telephone service for informal carers: - No charge for the session



We know that the current situation with Coronavirus is putting even more pressure on you in your caring role, so we would like to offer you the opportunity to learn mindfulness skills to help you through this period.

Our Mindfulness teachers will tailor the telephone sessions to suit your own personal needs and guide you to develop mindfulness skills which you can use in your everyday life and your caring role.

Mindfulness is about paying attention, on purpose in the present moment rather than past experiences or the future.

If you are an informal carer, aged 18 or over, and live in Leicester City or the person you care for lives in Leicester City please get in touch to book a session: - No charge for the session

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If you would like to know more about mindfulness please go to  
<https://www.headspace.com/mindfulness>