



**FREE FOR ALL
PARENTS/GUARDI
ANS IN MERCY
BEAUMONT**

MINDFULNESS FOR MENTAL HEALTH WORKSHOP



MINDwithHEART

Led by Fiona Clarke

Part of

**Wellbeing Week
13-17th of October**

Benefits of the practice:

- Reduces stress and anxiety
- Improves concentration and mental clarity
- Increases self-esteem and self-compassion
- Helps manage emotions more effectively
- Promotes greater emotional and physical well-being

**WEDNESDAY 15TH OF OCTOBER,
11AM - 13.00PM AT PARENT CLUB,
MERCY BEAUMONT.**

hscl@mercybeaumont.com or call/text 0861857703