

Mindfulness

Based on Mindfulness Based Stress Reduction (a program originally developed by Jon Kabat-Zinn – referred to by some as the father of mindfulness), this program has been adapted to meet the needs of people who, due to the symptoms of mental illness, need extra support to engage in mindfulness.

Who: the program is for anyone who is curious to learn more about the benefits of mindfulness as well as develop their own mindfulness practice.

Participants will practice ways of giving attention to a present moment – in our bodies, our emotions, our thoughts and outside us too. By becoming aware of our responses to a given situation, we can learn to be more aware of unhelpful patterns and make different life choices.

With a committed practice, mindfulness can help us to achieve a more durable and flourishing sense of happiness and well being.

Content: In this program clients are introduced to a series of exercises during class to learn mindfulness skills. Through group discussion and reflection, participants will explore how to adapt these skills to everyday life situations.

When: The program runs over 4 weeks and is offered as a half day.

Please contact the Day Program Intake Clinician or a member of the Northpark Therapy team for more information and to make a booking.

03 9468 0177 or email **Northpark.dayprogram@healthscope.com.au**

Corner Plenty & Greenhills Roads, Bundoora VIC 3083

Phone: 03 9468 0100 | **Fax:** 03 9467 7186

www.northparkprivatehospital.com.au

A Healthscope hospital. | ABN 85 006 405 152

