



Sunday Workshop

MINDFULNESS & MENTAL HEALTH WITH PAUL CRAMPTON

19 FEB.

2-4:30pm

NEW VENUE:
St. Francis College,
233 Milton Rd., Milton.

(Next door to the XXXX brewery and 100 metres from Milton Station). Entrance via Baroona Rd between no.25 and no.29 or via Milton Rd (city bound traffic only) on the Toowong side of the brewery. Park in the grounds in visitor parking areas. Follow signs to Lecture Room 1).

“Over the last several years I have developed an appreciation of how regular mindfulness practice provides a helpful pathway towards well-being and connectedness. Essentially mindfulness practice encourages us to relate to our experiences with curiosity and empathy. Thus we become more in tune with our mental and physical states and subsequently more receptive in our relationships with others. This workshop will provide an overview of how to practice mindfulness. We will look at a range of mindfulness based skills that help to cultivate effective relationships with self and others”.

We will hear stories, meet others, hear of upcoming events and enjoy afternoon tea (bring something to share if you can).

No RSVP required. The workshop is free.

Questions: Call A Place to Belong office on 3217-2522 or Damian on 0434-810-652.