



MINDFULNESS COURSE FOR SUSSEX HEALTHCARE STAFF

A Mindfulness course is a chance to take a pause, to learn a different approach to managing stress and difficulties, to reflect on what's important to you and to take care of yourself.

The course is offered **free of charge** to all health and local authority social care staff across Sussex, including administrators and management staff. You will need agreement from your Manager to attend.

If you are interested in attending a course, please complete the application form here:
[sussexmindfulnesscentre.nhs.uk/
practice/groups-for-staff-in-mind/](https://sussexmindfulnesscentre.nhs.uk/practice/groups-for-staff-in-mind/)

Or contact the Sussex Mindfulness Centre:
smc@sussexpartnership.nhs.uk

OR SCAN HERE:

