

FOOTPRINTS MIND AND BODY AWARENESS GROUP



 Starting Date: To Be Confirmed

 Time: To Be Confirmed

 Location: 31 Thomas Street,
West End (Downstairs Group
Room)

What is Mind and Body Awareness Group?

The Mind and Body Awareness Group has been designed to increase your understanding in stress and anxiety, and learn self-soothing strategies to help yourself in distressing situations. The group will help you to get in touch with your body and respond to the signals. The group also explores many practical activities which you can take away and apply in your life.

What to Expect

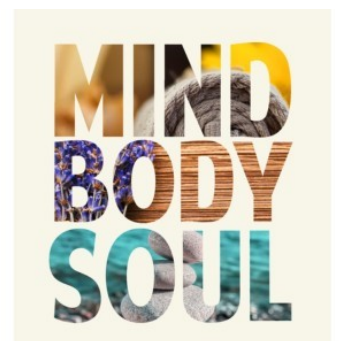
- Mind and Body Awareness Group is facilitated by 2 facilitators over 4 weeks
- The group runs for 90 minutes
- Be ready to participate in many activities that are practical in helping manage stress and anxiety
- Each session finishes with 30 minutes of gentle body mindfulness and stretching practice

What We Expect from You

- Interest in the group topics
- Participate in the group for 90 minutes (10-minute break included)
- Commitment to come to the group for 4 weeks

Eligibility

- Live in North and South Brisbane area
- Aged between 18 and 65
- Experiencing Mental Health Challenges



For more information contact:

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