

Mindfulness and Self Compassion Session

With- Sue Dykes

We are offering a two hour subsidized Mindfulness Sessions for Parents, Grandparents & Caregivers of children and young adults with physical disabilities, up to age of 22, in two Auckland locations.

***Do you find it easier to be kind to everyone else except yourself?
And, do you find that the tougher life gets the tougher you are on yourself?***

These sessions will offer practical techniques where Sue will lead you through some mindfulness and self-compassion practices that really make a difference. We will explore ways to centre and calm yourself, moving out of stress mode, right in the middle of the hardest situations.

These techniques will help open the door to being kinder to yourself, and free up some energy for you and the others in your life.

The Wilson Home Trust 1 St Leonards Road, Hauraki	
Morning Session Date: Monday -30 th May 2022 Time: 10.00 am – 12.00 noon	Evening Session Date: 30 th May 2022 Time: 7.00 pm – 9.00 pm
Nathan Home Stead 70 Hill Road Manurewa	
Morning Session Date: 7 th June 2022 Time: 10.00 – 12.00 noon	Evening Session Date: 7 th June 2022 Time: 7.00 pm – 9.00 pm

Please call 09 485 3461 or email felicityh@wilsonhometruster.org.nz for a registration form or visit our website <https://www.wilsonhometruster.org.nz/whats-on/> to register online.

Registration fee of \$5.00 non-refundable per person per session



Sue is a highly experienced Clinical Psychologist, Mindfulness teacher, and Mother of two grown-up children.