

# AWARE

OVERCOMING DEPRESSION.  
CHANGING LIVES.

## FREE ONLINE MINDFULNESS COURSES

Four-week introductory courses exploring what mindfulness is and how it can support and help you in everyday life.

Each session will introduce a different practice and touch on various aspects of mindfulness, such as the body scan and mindful eating.

Open to  
parents of 5-12  
year olds  
in the Fermanagh,  
Omagh and Southern  
Health Trust  
areas



These courses  
are delivered  
via Zoom.  
Places are limited  
so book now!

Monday 18 January 2021 10am-12pm for 4 weeks

OR

Monday 18 January 2021 7-9pm for 4 weeks

For more information or to register, please email

[Sharon@aware-ni.org](mailto:Sharon@aware-ni.org)

Part of the



In partnership with

