

**FREE ONLINE 8 Week Course**  
**Mindfulness-Based Cognitive Therapy Course**

Teaches to pay attention to the present moment and let go of the negative thoughts that can often cause stress



Mind Full, or Mindful?

All sessions are recorded and available for 72 hours after the event

*1 hour introduction session on 11/03/2024*

Followed by 8-week online course, 2 hour sessions

Starts Monday 11/3/24 at 10am Continues 18/3, 25/3, 8/4, 15/4, 22/4, 29/4, 13/5, 20/5/24

**FREE online webinars and courses for people in BLACKPOOL, LANCASHIRE and SOUTH CUMBRIA**  
**All recordings available for 72 hours after the live event**

|  |                   |               |
|--|-------------------|---------------|
| Anxiety & Worry                          | Wednesday 28/2/24 | 1 to 1.45pm   |
| Mindfulness & Wellbeing                  | Monday 4/3/24     | 1 to 1.45pm   |
| Weight Management and Wellbeing          | Tuesday 12/3/24   | 10 to 10.45pm |
| Sleep & Relaxation                       | Thursday 28/3/24  | 1 to 1.45pm   |
| Mindfulness & Wellbeing                  | Friday 5/4/24     | 10 to 10.45am |
| Men's Wellbeing                          | Friday 12/4/24    | 10 to 10.45am |
| Perinatal Wellbeing                      | Monday 22/4/24    | 1 to 1.45pm   |
| Wellbeing at 65+                         | Tuesday 14/5/24   | 10 to 10.45am |
| Menopausal Wellbeing                     | Wednesday 29/5/24 | 1 to 1.45pm   |
| Mindfulness & Wellbeing                  | Monday 3/6/24     | 1 to 1.45pm   |
| Managing Health Conditions and Wellbeing | Wednesday 26/6/24 | 1 to 1.45pm   |

To find out more or book a place: Call 01253 955700

Email: [bfwh.talkingtherapies@nhs.net](mailto:bfwh.talkingtherapies@nhs.net) or scan the QR code to get to our website. [www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies](http://www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies)



Blackpool Talking Therapies do not offer 24-hour or weekend access, crisis or urgent treatment, treatment for alcohol or drug problems, or treatment for severe and enduring mental illness. Please discuss these needs with your GP



for anxiety and depression

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust