

Mindfulness Group

Mindfulness is a technique that can help to deal with emotional difficulties.

There is abundant research supporting its positive effects on mental health and wellbeing.

The Mindfulness Group is a group program that will help you understand the nature and purpose of mindfulness, develop a mindfulness routine, help you monitor your practice, and evaluate the effects of the techniques on your emotional functioning and well-being.

The group runs for 8 weeks at the Robin Winkler Clinic at UWA, in a friendly and easy to follow environment.

UWA Human Research Ethics Approval 2022/ET000965

Come & join our *FREE* - Mindfulness Group

Email: clinic-sps@uwa.edu.au or Call: 6488 2644

8 week Program to learn meditation-based skills, strategies to help you relieve stress & cope with life's problems.

When

Starting: Thu 24th of Aug

Time: 5 -6.30pm

Cost - Free

However, attendance does require an initial free appointment to check that the program is right for you

Where

**UWA Robin Winkler
Clinic**



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**



ROBIN WINKLER CLINIC
SCHOOL OF PSYCHOLOGICAL SCIENCE