



THE UNIVERSITY OF  
**WESTERN  
AUSTRALIA**



# Mindfulness Group Robin Winkler Clinic

**Would you like to learn about the nature and purpose of mindfulness and develop a mindfulness routine?**

**Would you like to monitor your practice, and evaluate the effects of the techniques on your emotional functioning and wellbeing?**

The Mindfulness Group Program is a **eight-week program for adults** offered at the Robin Winkler Clinic, designed to help participants improve their mental health and overall wellbeing.

This program is suitable for adults who are interested in:

- Learning about the nature and purpose of mindfulness
- Learning mindfulness techniques and developing a mindfulness routine
- Seeking to enhance their mental health and wellbeing

While many of us are taught how to care for our physical health, guidance on maintaining mental health is often overlooked.

This group program aims to fill that gap.

The group meets weekly for eight, 2 - hour sessions. Participants will learn practical skills to boost mental health, foster resilience, and support long-term wellbeing.

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.

**Date:** Every Thursday for eight weeks from Thursday 8th October.

**Time:** 3pm - 5pm

**Cost:** Free\*

*\*No cost to attend as the program is being run as part of a university research project. You are required to attend a free initial appointment to check that the program is right for you.*

*UWA Human Research Ethics Approval 2022/ET000965*

**Scan the QR code to complete our expression of interest form**



**Scan for more information**

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