

STRESS

: ARE WE COPING?

MENTAL HEALTH AWARENESS WEEK 14-20 MAY 2018

Monday 14 th May	Wednesday 16 th May	Friday 18 th May
<p>Mindfulness – an Introduction</p> <p>10am to 12pm</p> <p>Why not come along and find out how Mindfulness can help you in your daily life?</p>	<p>Sleep and dreams</p> <p>12.30pm – 2.30pm</p> <p>If you are finding it hard to sleep or are having recurring dreams you'd like to understand, this session provides an introduction to both.</p>	<p>Getting Back to Work and Your Mental Health Rights</p> <p>10.30am – 12.30pm</p> <p>If you are thinking about returning to work after a period of absence due to poor mental health, this session may help address some concerns around seeking employment.</p>
Monday 14 th May	Thursday 17 th May	Friday 18 th May
<p>Yoga and Meditation</p> <p>10.30am to 12pm</p> <p>This 90 minute class will give you an introduction to meditation, gentle Hatha Yoga and Yoga Nidra.</p>	<p>Expression through Movement</p> <p>1pm – 2.30pm</p> <p>Find out how body language affects everyday life even when we don't realise it, find new ways of moving and explore different uses of space and rhythm and increase your physical awareness and control in this fun workshop.</p>	<p>Smile:)MK Art Club</p> <p>12.30pm – 14.30pm</p> <p>Why not join this club for a one-off free session and spend a couple of hours doing some fun, creative activities to take your mind off your troubles?</p>

www.milton-keynes.gov.uk/smilemk

To mark this year's Mental Health Awareness Week at Community Learning MK, we are running some fun and informative taster sessions!

All sessions are open to anyone over the age of 18 and are **absolutely free**.

If you'd like to find out more and/or enrol please contact our admissions team on 01908 556700 who will be happy to help.

*All sessions are running at the Rivers Centre, Trent Road, MK3 7BB

