

# response

referral education skills provision opportunities  
networks sustainability engagement



This training is available for anybody aged 19+ with a low wage or not in current employment.

## Mindfulness

Wednesday 31st January 2018

10.00am — 1.00pm

Swale CVS, Central House, Central Avenue,  
Sittingbourne, Kent, ME10 4NU

### Learn how to:

- achieve balance and resilience at work and at home
- see situations more clearly
- respond more effectively to complex or difficult situations
- Recognise, slow down or stop automatic and habitual reactions
- become more creative

**FREE  
COURSE**

If you are interested please contact Zoe  
at [zoe.deveson@swalecvs.co.uk](mailto:zoe.deveson@swalecvs.co.uk) or call  
01795 473828

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