

## EVENING WORKSHOP

Thursday 1<sup>st</sup> March 2018, 6pm–9pm

Do you have a relationship, whether that be partner, family or friend, that you feel could work better if only you knew how?

### USING MINDFULNESS IN ALL OUR RELATIONSHIPS

This workshop is designed to help you develop rich and rewarding relationships by introducing you to Mindfulness and the principles of Acceptance & Commitment Therapy.



**COST £25.00 - Places are limited so booking is essential**

Tea and coffee will be provided.

**Arrive 5.30pm for 6pm start**

Aberconwy Mind, 3-4 Trinity Square, Llandudno, LL30 2PY

Contact Fiona Smith (Group Facilitator) on ; - 07740 948113

Or email; - [ask@theconwycounsellors.co.uk](mailto:ask@theconwycounsellors.co.uk)