



Resilience, 1 Ringles Place, Uckfield TN22 1HB

Detox Your Mind

A 6-week course providing an opportunity to meet weekly and

learn how to de-stress, unwind and chill out!

Workshop activities are designed to then be used at home & include

Mindfulness Meditation, Creative/craft-type activities, Better Communication, Confidence Building and more

Workshops provide participants with mutual support & friendship whilst creating a bespoke destressing toolkit for life!

Facilitated in Uckfield by Pippa Copleston, MA, UCKP, experienced and qualified Psychotherapist and Counsellor.

PLEASE NOTE THESE ARE LIFE SKILLS WORKSHOPS NOT GROUP THERAPY.

Maximum group size: 6 participants

10 until 3pm on June 4th, 11th, 18th, 25th, July 2nd, 9th + one follow up session (no charge), date to be decided by the group

Cost: £40 per session 10% discount if paid in advance.

Refreshments (not lunch) and materials included in price.

Contact pippa.copleston@gmail.com 01825 729 383