



Mindfulness for carers course Spring 2021

AphasiaNZ is planning another free 8-week online course. This will again be run by Mindfulness teacher and SLT, Melissa Delaux.

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. It is used as a therapeutic technique. Mindfulness and meditation are proven ways to help reduce stress and improve emotional resilience.

Meet with other carers/family members of people with aphasia and learn new skills to help you improve your mental and physical wellbeing. Set aside an hour a week to connect and nurture your own wellbeing so that you have increased capacity to support your loved one. No prior experience of mindfulness is needed.

This course will start on **Wednesday October 13th from 1-2pm** and run until December 1st. *(Thursdays will be considered as an alternative if this suits more people).*

To find out more or to register, contact AphasiaNZ by email: admin@aphasia.org.nz or phone **0508 APHASIA** (0508 274 274).