



The Rape & Sexual Abuse Counselling Centre  
Darlington & Co Durham Rape Crisis CIO

# Mindfulness

## **Mindfulness for Women & Girls**

The Mindfulness sessions are free, and open to any woman or girl who would like to come along and practice mindfulness. Sometimes in our busy and hectic lives we forget about self-care, and how to appreciate the present.

### **What is Mindfulness**

Mindfulness is a simple concept that means paying attention in a particular way:

- “ On purpose
- “ In the present moment
- “ Non-judgementally

### **It is simply a practical way to notice:**

- “ Thoughts
- “ Physical sensations
- “ Sights
- “ Sounds
- “ Smells
- “ Anything we might not normally notice

**Who will lead the sessions** – Joy & Maddy will facilitate the sessions, both are trained therapists and experienced Mindful Practitioners

**Where is it held** - Friends Meeting House, Skinnergate, Darlington

**How much will it cost** – Sessions are free, we even include a cuppa and a biscuit!

**How long do the sessions last** – Sessions usually last around 1 hour 30 minutes

**How often are the sessions** – The sessions are held in blocks of 6 weeks

**How can mindfulness help me** – A daily practice of mindfulness can be effective in coping with: low mood, anxiety, emotions, distress, chronic pain.

**Do I need to lie on the floor** – No, you can do mindfulness from your chair or sitting on the floor, whatever you prefer

**Do I need to wear special clothes** – No, we only ask that you wear something comfortable

**What shall I do if I want to attend the sessions** – To book your place contact Joy or Maddy on 01325 354119 or email [joy@rsacc-thecentre.org.uk](mailto:joy@rsacc-thecentre.org.uk)



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<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Session</b>	<b>Room</b>
Tuesday	1 <sup>st</sup> May 2018	1.30pm - 3.00pm	Meet & Greet	Library, Friends Meeting House, Skinnergate, Darlington
Tuesday	8 <sup>th</sup> May 2018	1.30pm - 3.00pm	Session 1	Meeting Room Friends Meeting House Skinnergate, Darlington
Tuesday	15 <sup>th</sup> May 2018	1.30pm - 3.00pm	Session 2	Meeting Room Friends Meeting House Skinnergate, Darlington
Tuesday	22 <sup>nd</sup> May 2018	1.30pm - 3.00pm	Session 3	Meeting Room Friends Meeting House Skinnergate, Darlington
Tuesday	29 <sup>th</sup> May 2018	1.30pm - 3.00pm	Session 4	Meeting Room Friends Meeting House Skinnergate, Darlington
Tuesday	5 <sup>th</sup> June 2018	1.30pm - 3.00pm	Session 5	Meeting Room Friends Meeting House Skinnergate, Darlington
Tuesday	12 <sup>th</sup> June 2018	1.30pm - 3.00pm	Session 6	Meeting Room Friends Meeting House Skinnergate, Darlington



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## Mindfulness for Parents/carers and Children

Mindfulness for children, parents/cares, provides an opportunity to learn to be more mindful together. In fact, young children are already masters of mindfulness in many ways. Children live through their senses, and are immersed completely in what they do, and experience events as if for the first time.

These are all central attributes that adults re-learn through mindfulness meditation.

So, let's learn from our little ones and help them to sustain their mindfulness skills to best prepare them for life.

Mindful sessions for families will be delivered over the summer holiday. This will enable adults and children to try mindfulness together in a safe and fun environment. Sessions are interactive, engaging, practical and suitable for anyone. They introduce the themes of mindfulness and provide techniques to try at home and top tips for parents/carers:

**Who will lead the sessions** – Joy & Maddy will facilitate the sessions, both are trained therapists and experienced Mindful Practitioners

**Where is it held** - Friends Meeting House, Skinnergate, Darlington

**How much will it cost** – Sessions are free, we even include a cuppa for grown-ups, and juice and a biscuit for children

**How long do the sessions last** – Sessions last 1 hour

**How often are the sessions** – The sessions will be held over 6 weeks during the school summer holiday

**What is the age range for children** – Tots to top year primary

**How can mindfulness help me parent** – A daily practice of mindfulness can be effective, as it is something you are able to practice with your children.

**Do we need to wear special clothes** – No, we only ask that you wear something comfortable

**What shall I do if I want to attend the sessions** – To book your place contact Joy or Maddy on 01325 354119 or email [joy@rsacc-thecentre.org.uk](mailto:joy@rsacc-thecentre.org.uk)



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<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Session</b>	<b>Room</b>
Tuesday	24 <sup>th</sup> July	11.45am - 1.15pm	Magic Breaths	Elm, Friends Meeting House
Tuesday	31 <sup>st</sup> July	11.45am – 1.15pm	Sleeping Cats	Elm, Friends Meeting House
Tuesday	7 <sup>th</sup> August	11.45am – 1.15pm	Puddle Splashing	Elm, Friends Meeting House
Tuesday	14 <sup>th</sup> August	11.45am – 1.15pm	Happy Flowers	Elm, Friends Meeting House
Tuesday	21 <sup>st</sup> August	11.45am – 1.15pm	Tall Trees	Elm, Friends Meeting House
Tuesday	28 <sup>th</sup> August	11.45am – 1.15pm	Dizzy Rascals	Elm, Friends Meeting House