

# Mindfulness-based Cognitive Therapy Group

**Start date: Thursday 9th April, 5.15pm - 7.30pm**  
**9 sessions spread over 9 weeks, on Microsoft Teams**

## What is Mindfulness?

Mindfulness involves learning and practicing meditation techniques that help you focus more on the present moment.

These techniques help create distance between your thoughts and feelings, so you can make more conscious choices about how you respond to difficulties in your life.

Becoming more aware of the present moment can help you gain more enjoyment from the world around you and understand yourself better.



## Who is this group for?

Those experiencing mild-moderate depression, or wanting to prevent depression returning. It can also help with anxiety and excessive worrying.

To attend this group you must be over 18 and registered with a GP in Barking & Dagenham, Havering, Redbridge or Waltham Forest. After your initial assessment, your therapist will determine your suitability for this group.

To self-refer visit [talkingtherapies.nelft.nhs.uk](https://talkingtherapies.nelft.nhs.uk)  
 Scan the QR code or call 0300 300 1554



**for anxiety and depression**

Service provided by North East London NHS Foundation Trust