



**We have limited funded spaces available now!**

***Mindfulness for mental health and emotional wellbeing.***

We facilitate projects, classes, workshops and give one to one support for children, young people, and adults.

Mindfulness can help with:

- ✓ Chronic Pain
- ✓ Anxiety
- ✓ Stress
- ✓ Depression
- ✓ Anger and behavioural issues
- ✓ Disabilities
- ✓ Confidence and self esteem
- ✓ Focus and concentration
- ✓ Resilience



***Through mindfulness we can restore balance within.***

**For further information please contact:**

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**07535846147**

- ✓ **Fully Insured & Qualified**
- ✓ **Enhanced DBS**
- ✓ **Company Number 12891042**