

# Mindful Resilience

8-week course for Stockport residents

Our Mindful Resilience course will support you to:

- Reduce anxiety, stress, depression and low mood.
- Understand how your nervous system responds to stress and how to create regulation.
- Use mindfulness in daily life in an easy and effortless way.
- Develop positive traits in your brain.
- Learn how to work with your emotions.
- Be more able to flow with the ups and downs of life.
- Experience greater mental and emotional wellbeing.
- Explore and experiment with a range of mindfulness tools to discover what works best for you.

Free Course

**Mondays 1.00 – 3.00pm**  
**23rd Sept – 11th Nov 2024**

Arthur Greenwood Community Centre  
Hiple Close, Woodley, Stockport, SK6 1ES



Funded by the  
SKylight Community Fund



## Course Feedback

"The fact that Kirsty has struggled with her mental health is what's made a huge difference to anything I've tried before. She is very relatable to how we all feel."

"I feel more open and happier."

"I feel more in control and positive about the future."

"I just wish it could last forever, it's been life changing!"

"It has been a truly amazing experience. A perfect balance of information and practice by practitioners with lived experience, which makes it feel so much more authentic."

"Really changed my outlook and helped me look at things very differently."

Yellow Beacon CIC is a mental health professional and lived-experience led organisation, offering trauma-informed mindfulness courses, workshops and 1 to 1 sessions across Greater Manchester.

We are passionate about helping people grow their own inner resources for greater mental and emotional wellbeing.

[www.yellowbeacon.org](http://www.yellowbeacon.org)

Book via Eventbrite



Email: [hello@yellowbeacon.org](mailto:hello@yellowbeacon.org)



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