

Mindful Resilience

For Parents & Carers of Neurodivergent Children & Adults 8-week course

Join us as we support you to develop skills for yourself in your role as a parent or carer of a neurodivergent person.

- Explore mindfulness tools to aid mental wellbeing.
- Understand how your nervous system responds to stress.
- Learn how to take care of yourself as a carer.
- Reduce anxiety, stress, depression and burnout.
- Learn how to work with your emotions.
- Develop skills to work with different types of thoughts.
- Experiment with a range of tools including meditation, gentle yoga and relaxation.

Free
Course

Tuesdays, 1.00 – 3.00pm
29th April – 24th June 2025

Stockport Meeting House, 2 Cooper St,
Stockport SK1 3DW

Break for half term on 27th May

For
Stockport
Residents

Last few places remaining! To book, email:

hello@yellowbeacon.org

Our courses are designed and delivered by neurodivergent practitioners.



These courses are funded by the Stockport
Local Fund for Mental Health & Wellbeing



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Who we are

Kay is an experienced mindfulness teacher and yoga practitioner, who works for NHS England supporting autistic people through Care & Treatment reviews.



Kirsty



Kay

She has an active career as an autism trainer and Trauma-Focused Therapist, working with Stockport Metropolitan Borough Council, Manchester Metropolitan University, The Triple A Project and Next Chapter. Kay is the founder of HAPI CIC.

Kirsty is a mental health professional with ten years' experience in the charity sector in Greater Manchester. She is an experienced mindfulness teacher, specialising in trauma-informed practices for mental wellbeing, and is the founder of Yellow Beacon CIC.

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

www.yellowbeacon.org

To book a place, email: hello@yellowbeacon.org

"This was the most informative useful course I have attended for some years. I learned so much about autism spectrum and neurodiversity, and how many symptoms can be managed better or eased with the practice of mindfulness and other coping strategies."

Feedback from our Restore & Recover Course for Autistic Adults



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