

# Restore & Recover

## Mindfulness for Autistic Adults

### 8-week courses

Our Restore and Recover courses will support you to:

- Use mindfulness in daily life to aid mental wellbeing.
- Understand how your nervous system responds to stress.
- Experiment with a range of tools to create regulation.
- Learn how to work with your sensory patterns to identify which practices work best for you.
- Explore mindfulness tools to help with pacing.
- Reduce anxiety, stress, depression and burnout.
- Learn how to work with your emotions.
- Develop skills to work with different types of thoughts.
- Explore mindful communication practices.

**Tuesdays, 1.30 – 3.30pm**

**17th Sept – 5th Nov 2024**

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

**Wednesdays, 6.00 – 8.00pm**

**18th Sept – 6th Nov 2024**

Online course via Zoom

Free  
Courses

For  
Stockport  
Residents

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



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL

**hapi**  
NEURODIVERGENT PRACTITIONERS

## 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, 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. Our **Restore & Recover** course is being run in partnership with **HAPI – Neurodivergent Practitioners**.

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

To book, visit our Eventbrite page  
using the QR code,  
or email: [hello@yellowbeacon.org](mailto:hello@yellowbeacon.org)



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