



Skills for life

Mindfulness

🕒 Mondays, 17 – 27 March 2025 (9am – 11am)

📍 Cornerstone, 2 Edward Street, SK1 3NQ

Mindfulness is a great way to deal with stress and anxiety. If your head is spinning with cares and worries mindfulness is a great way to clear the noise and get some peace.

To book a space, email
customer.training@stockporthomes.org
or call 0161 474 2862